



Parent and Family Newsletter

JUNE 2023 Issue 1

June 1, 2023

Dear parents and families,

Summer session has begun for current students and new student registration continues. We were excited to welcome many more new students and families at our registration event today!

The summer months are an active time on campus. The Wellness Center offers many items for rent including bikes, camping equipment, lawn games, kayaks, and paddleboards, encouraging students to get out and get moving. See our students enjoying various adventures and outdoor leisure activities below.

As we look toward fall, New Student Orientation is set for 9 A.M. on Monday, Aug. 21 in Ann Nicole Nelson Hall. Move-in day begins on Friday, Aug. 18, running from 9 A.M. until 4 P.M. The same hours will also be offered that Saturday and Sunday.

Please don't hesitate to ask any questions at kevin.harmon@MinotStateU.edu.

Respectfully,

Kevin Harmon,
Vice President for Student Affairs



Summer is here, Beavers!

Rent camping, fishing, and kayaking gear FREE with your student I.D. and get your summer fun started!



MINOT STATE UNIVERSITY

SUMMER THEATRE

Season 58 starts
on June 13!

**Jimmy Buffet's
Escape to
Margaritaville!**
June 13 - 18

Doctor Dolittle
June 23 - 26 &
June 28 - July 1

Calendar Girls
July 10 - 14

Elf the Musical
July 24 - 28 &
July 30 - August 1

The Minot State University Amphitheater has been the home of the MSU Summer Theatre Company since 1971. This beautiful outdoor theater is set in a grass-lined hillside north of the campus. Recent renovations have created a new face to the same place where audiences have loved seeing Summer Theatre performances for over 50 years. The new driveway, seating, plaza, concessions stand, bathrooms, and all the other new additions provide a spacious, and beautiful outdoor space for everyone to enjoy. We are looking forward to an amazing season and hope to see you at a performance!



2023 ticket prices

\$16 Adults

\$11 Seniors, active military,
high school students,
MSU faculty/staff/summer term
students with current MSU ID

\$8 Kids 12 and under

\$25-35 ... Deluxe seating
*Includes access to the
Hook & Ladder Wine Bar*

**Tickets go on sale Thursday,
June 1 at 9 A.M. and can be
[purchased here.](#)**

[MSUSummerTheatre.com](https://www.MSUSummerTheatre.com)



A summer break academic boost

By Amy Baldwin, [CollegiateParent.com](https://www.collegiateparent.com)

Last summer I enrolled my son, an incoming freshman, in college algebra. It's a requirement for his major and I thought he would benefit from "easing into" college with one class — he'd learn how to navigate a class online and gain confidence taking a course in a subject he enjoyed in high school.

Truthfully, I was concerned that his first semester would be challenging as he juggled a new environment along with the expectations of intensive classes. I wanted him to feel less overwhelmed.

Plus, I wasn't really excited for him to sit around the house all summer playing Minecraft. I also wanted to set the tone that summers are no longer solely about fun and games but can and should be an integral part of getting ready for life after graduation.

As an educator who teaches first-year students how to plan their degrees so they can [graduate on time](#), it sometimes takes a little nudging to get them to see summer as more than just a break for travel or work. But summer can be so much more if your student is willing to dedicate a little time to continue learning.

Get ahead or catch up

One reason a majority of students who earn a bachelor's degree don't finish in four years is that they're not able to complete enough credit hours each semester to stay on track.

Taking classes in the summer can give them a credit-hour cushion in case they need to drop a class or they [fail a class](#).

Taking one or two classes during a shorter term also allows your student to focus on the limited subject matter, [improve their GPA](#), and practice academic skills that can help them build long-term confidence.



Taking a summer class requires planning, though. Here are some tips for making the most of the summer term:

- **Research what's offered.** At most institutions, there is a limited number of summer classes so be sure your student chooses classes that are needed for their degree. [An advisor can be very helpful](#) in reviewing the scheduling and choosing the best options.
- **Commit to the time.** Your student needs to have the time to take summer classes without interruptions. If they cannot take classes for several hours a day over the course of several weeks, they may need to rethink the summer term. Don't schedule a vacation or a job during summer classes.
- **Remember, summer is fast paced.** There is a reason that students are limited to very few credit hours they can take in a summer term. Summer courses cover the same amount of material at two or three times the speed of a regular semester! Most classes will require daily attendance and evenings and weekends filled with studying.

Improve academic skills

Summer classes can also help your student hone in on specific academic skills that need strengthening, especially if they struggled in a similar class previously.

Here are ways your student can use the summer to improve those skills:

- **Get a tutor.** Check with the tutoring center for one-on-one help or connect with classmates for recommendations. If your student enrolls (or re-enrolls) in a class that challenged them, using a tutor throughout the term can be a great way to get just-in-time support.
- **Set goals.** What does your student want to improve? Suggest that your student create [specific, measurable goals](#) and tasks. If they want to increase the amount of time they study, they should record when and how long they plan to study each day. Then, they can check their progress.
- **Check in.** If your student takes a summer class, they should regularly [check in with their professor](#) to determine how they are doing. This is especially important if they've struggled in classes before or if the course is challenging. Professors want to help their students. "How am I doing so far?" or "What advice can you give me for improving my grade?" are good questions to ask.

If your student needs to work during the summer or has a great opportunity for an internship or travel, then, of course, encourage them to do that. However, if they have the time to use summer to move ahead in their degree, catch up, or improve their skills, help them see summer as the key to their college success.



DATES & DEADLINES

JUNE

- 1** – Last day to withdraw from all classes and receive a 50% refund for dynamic-dated classes
- 3** – Last day to add an 8-week class
Last day to drop or withdraw from all 8-week classes and receive a 100% refund
- 6** – Food Truck: Hitchin' Kitchen, 11 A.M. – 2 P.M., outside Beaver Dam north entrance
- 13** – Last day of dynamic-dated classes
- 18** – Last day to withdraw from 8-week classes and receive a 75% refund
- 21** – Food Truck: Maria Ramona's Mexican Food, 11 A.M. – 2 P.M., outside Beaver Dam north entrance
- 27** – Food Truck: Tim Dandy's BBQ, 11 A.M. – 2 P.M., outside Beaver Dam north entrance

JULY

- 3** – Last day to withdraw from 8-week classes and receive a 50% refund
- 4** – Independence Day, University closed

View more at [MinotStateU.edu/calendar](https://www.minotstateu.edu/calendar).

SAVE THE DATE!



Parent & Family Weekend
Sept. 14 – 17, 2023

Bracing for reentry

By *Connie Lisner*, CollegiateParent.com

I remember when my oldest was coming home for the summer after his freshman year in college. I was positively giddy. I couldn't wait to have the whole family under one roof again. We could talk for more than 10 minutes on Sundays! We could eat together as a family!

Things could finally go back to normal.

After he was home for a couple of days, it was clear that "normal" had a new definition.

Following months of being on his own and doing things "his way" (a phrase I heard at least 20 times a day), my newly returned college student bucked against our family life. Sleep was on his time (i.e., not when the rest of us tended to sleep), meals were often eaten out with friends, and hanging out with his family was not a priority.

Of course, he wasn't the only one who needed to adjust. When he first left for college, I thought I'd never get used to his empty bedroom or setting the table for three instead of four. Shockingly, however, I did. I also adjusted to less laundry, smaller grocery bills, and a significant reduction in noise in our house.

I'm not embarrassed to say that I seriously considered sending him away after the first two weeks. I didn't think we would ever figure out how to co-exist. Thankfully, we were able to negotiate a happy truce for the remainder of that summer.

I learned a lot from that experience (although I admit, I still expect a seamless transition every time one of my sons returns home, and I'm always shocked when it doesn't happen). Still, a few years in, I've developed a "survival plan" that seems to work for us. So far, I haven't shipped anyone off, and I haven't fled my house either. We must be doing something right.

1. Set ground rules early.

Don't wait until you explode to share your expectations with your student. Take curfew, for instance. I can guarantee that your returning college kid will balk at having a curfew. Their argument will go something like this: You didn't stay up all night worrying about where I was when I was away. (Little do they know, right?)

But maybe you want them home at a reasonable hour so you can sleep without being woken at 3 A.M. by someone making a grilled cheese. Whatever you expect of your student — chores, family commitments, attitudes — address this early and often.

2. Recognize that reentry will always require some adjustment.

Things will be different every time your student comes home. At our house, even after years of summer breaks, winter breaks, and occasional weekends, the first couple days are always awkward. Everyone is navigating the new setup and trying hard not to start a fight (well, almost everyone).



3. Respect the evolving sibling dynamic.

Maybe your middle child is reveling in her new role as the older sibling, or your solo younger child is enjoying his space. With the return of your college student, family dynamics will shift, and new conflicts are bound to pop up.

For instance, my youngest, who used to follow his older brother everywhere, now found him in the way. Their bickering was non-stop, and I was forced to play referee over things as ridiculous as who got the middle kitchen counter stool. Eventually, they settled into their new roles, but I still mourned the loss of their pre-college relationship.

4. Be flexible.

Sure, it's your house and your rules, but remember that your student has been managing life without you (no matter how many times a day they text). You want to encourage that independence. Now is the time to let go — just a little.

5. Negotiate what you are willing to do for your child.

Will you do their laundry? Cook every meal? Yes, my son knows how to do laundry, but I personally prefer to have all the laundry done at once, and I don't want my laundry washed like a college student washes his laundry.

I also enjoy cooking, so making dinner for everyone isn't a problem for me. Three meals a day, on the other hand, is not an option (no matter how much my son tries to sweet talk me into making him lunch).

6. Be prepared to see less of your student than you would like.

Toss aside dreams of daily family dinners, game nights, and late-night talks around the kitchen counter (yes, those were my dreams). Schedule an occasional mandatory family dinner and squeeze in a game or movie whenever an opportunity presents itself (it may be a quick hand of Gin Rummy on a Saturday afternoon).

Seize any chance to chat around the kitchen counter, even if that means you're awake and willing to make that post-midnight grilled cheese sandwich.

7. Enjoy spontaneous moments.

I had a bucket list of things we were going to do that first summer, and I think I checked off one item. I spent so much time trying to plan activities that I missed many of the little moments I could have shared with my son. Once I realized it was a lost cause, I chucked my list and started enjoying the found time between us.

This brings me to a key point...

8. Don't put your own life on hold.

While you're making lists of things to do together, don't forget to pen in time to do your own thing. I know I'm not the only parent who waits around on the off chance that my kid might want to grab lunch or run a few errands with me. I have a friend who passed up a girls' trip because she wanted to be around for her son's last day home over spring break — just in case. It turns out her son didn't even come home that break. He went away with his friends instead!

So don't blow off that yoga class, Sunday morning bike ride, or dinner with friends. And don't feel guilty about it, either.

9. Most importantly, marvel at the new person your young adult has become.

Whatever expectations I have of who is coming through my door at the end of the school year, I am always a little surprised by who actually shows up. Maybe it's because of a class he's taken, a new friend he's met, or a new experience he's had, but every time my son comes home, he is a little different, a little more of his own person. And that really is something to look forward to.