



Parent and Family Newsletter

JULY 2023

July 7, 2023

Dear parents and families,

I hope you and your family enjoyed a great Fourth of July! This newsletter will focus on our new families with a lot of information about New Student Orientation and activities during Welcome Month.

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

Respectfully,

Kevin Harmon,
Vice President for Student Affairs

Be seen. Be heard. Be empowered.



DATES and DEADLINES

JULY

- 11** – Last day to drop an 8-week classes
- 12** – Food Truck: Maria Ramona's Mexican Food, 11 A.M. – 2 P.M., outside Beaver Dam north entrance
- 26** – Food Truck: Tim Dandy's BBQ, 11 A.M. – 2 P.M., outside Beaver Dam north entrance
- 26-27** – Final exams for 8-week summer classes
- 31** – Grades due to registrar's office by noon

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

The following information on pages 2–4 was mailed and or emailed to your student today.

July 7, 2023

Dear students,

We are eagerly planning New Student Orientation on Monday, Aug. 21 in Ann Nicole Nelson Hall, located on the second floor of Old Main. Sessions are mandatory and are a great way to begin your MSU student experience. Check-in will begin at 8:15 A.M. with New Student Convocation beginning at 9 A.M. Several door prizes and two \$500 scholarships will be awarded to students who participate in the entire day of activities! Please make every effort to attend and participate; we will wrap up by 3 P.M.

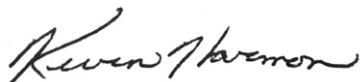
Monday, August 21

New Student Orientation Sessions – Ann Nicole Nelson Hall

- 8:15 A.M. Registration/Check-in, Ann Nicole Nelson Hall lobby
- 9 A.M. New Student Convocation, Ann Nicole Nelson Hall
- 9:45 A.M. The 411 from Faculty, Ms. Kara Nunziato and Ms. Kayla Fisher
- 10:15 A.M. Break
- 10:30 A.M. Title IX, Dr. Lisa Dooley, Title IX Coordinator
- 11:15 A.M. Beaver Games: Group Activities with leadership students, Old Main Lawn
- 12 P.M. **Free Welcome Lunch Barbecue, Old Main lawn**
- 1 P.M. Beaver Tech/Starfish, Ms. Tammy Wolf and student leaders
- 1:45 P.M. ChatGPT/AI, Dr. Dan Ringrose
- 2 P.M. Student Health and Counseling, Ms. Deb Haman and student health team
- 2:15 P.M. What's with this FYE Thing?, Ms. Leisa Harmon
- 2:30 P.M. POWER, Ms. Katy Allers
- 2:45 P.M. Wrap-up and Giveaways
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- 3 – 5 P.M. Red information tent and tours, East Quad
- 4 P.M. Evening classes begin
- 4 P.M. Residence hall floor meetings
- 7 P.M. MSU Life event: Slamabama concert, Old Main lawn

Residence hall move-in begins Friday, Aug. 18 from 9 A.M. – 4 P.M. and will continue throughout the weekend. A schedule of student activities and residence hall information are included in this letter.

Let's get ready to have the time of your life!



Kevin Harmon
Vice President of Student Affairs

MSU Life Calendar of Events | August 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
20	21	22	23	24	25	26
Minot State Welcome Week → 12PM LCM Event, Old Main Lawn 5-7PM RecFest, Old Main Lawn	9AM New Student Convocation, Old Main 12PM Welcome BBQ, OM Lawn Classes begin after 4PM 7PM Slamabama Concert, OM Lawn	Classes Begin 11AM Free Lunch, Quad 7PM Bingo, Old Main Lawn	11AM Club Fair & Free Lunch, Quad 7PM Campfires in the Quad	11AM Resource Fair & Free Lunch, Quad 7PM Hypnotist, Conference Center, 3 rd Floor Student Center	11AM Free Lunch, Beaver Creek Café 7PM eSports Tournament	Free Entry at Roosevelt Park Zoo 8/25-28. Coupon required – available at Student ID Office starting 9/14.
27	28	29	30	31	1	2
11AM-6PM Minot Food Truck Fest 7PM Paint Dodgeball, Old Main Lawn	5-7PM Meet the Beavers at Scheels	7PM Spicy Pie Patio Party	7PM Beach Volleyball Social	4PM Tailgate 6PM Football Home Opener, Herb Parker Stadium		2PM Men's Club Soccer

EVENTS ARE *free* WITH MSU STUDENT I.D.

@msu_life

Contact the Student Activities Office at least three days prior to the event to arrange for accommodations to participate: aaron.hughes@ndus.edu | (701) 858-3987



Residence Hall social events

FRIDAY: Home Sweet Home – Starting at 7 P.M.

Sweet treats, games, and multiple chances to win great stuff for your room!

Home
SWEET
Home



SATURDAY: Summer Soirée – Starting at 7 P.M.

Join us at the sand volleyball court and Old Main lawn to celebrate the last Saturday before classes start.

SUNDAY: RecFest and Welcome Week Kick-off – Starting at 5 P.M.

Awesome games, street food, spike ball, and more! Bring your friends, make new friends, and enjoy a fun night.

Residence Hall Move-in Information

We are excited for you to live on campus at Minot State. Our staff is here to provide a safe, vibrant, and inclusive community for you to live and learn. **The residence halls open at 9 A.M. on Friday, Aug. 18.** This gives you the weekend to move in and get settled. Welcome Week festivities officially kick-off on Sunday, Aug. 20 with RecFest at 5 P.M.!

Residence Hall check-in times

Friday, Aug. 18: 9 A.M. – 4 P.M.

Hall Meeting at 4 P.M.

Saturday, Aug. 19: 9 A.M. – 4 P.M.

Hall Meeting at 4 P.M.

Sunday, Aug. 20: 9 A.M. – 4 P.M.

Hall Meeting at 4 P.M.

Monday, Aug. 21: 10 A.M. – 2 P.M.

Hall Meeting at 4 P.M.

**All Residence Hall students must attend a Hall Meeting.*

Move-in Weekend office hours

Student ID office

Saturday, Aug. 19: 10 A.M. – 1 P.M. and 4 – 6 P.M.

Sunday, Aug. 20: 11 A.M. – 1 P.M.

All other campus offices

Friday, Aug. 18: 8 A.M. – 4:30 P.M.

Saturday and Sunday – Closed

Regular business hours resume Monday at 8 A.M.

What to pack

School stuff

- Computer and charger
- Phone and charger
- Stapler, 3-hole punch
- Sharpies, highlighters
- Pens, pencils
- Book bag
- Calculator
- Folders
- Index cards
- Notebooks
- Post-it notes
- Scissors
- Scotch tape
- Binder clips



Room décor

- Trash can and bags
- Bedside fan
- LED lamp
- Door stop
- Shoe hanger
- Area rug
- Surge protector (one per resident)
- Full length mirror
- Pictures and posters (hung with painters tape)
- White noise machine
- LED lights (non-adhesive)

Clothing

- Four-season clothing and shoes
- Winter coat, hat, scarf, mittens, and boots
- Fall jacket
- All your favorite attire
- Business attire

Cleaning stuff

- HE laundry detergent (no pods)
- Laundry basket
- Disinfecting wipes
- Paper towels
- Handheld vacuum
- Broom or Swiffer
- Air freshener

Linens

- Bedding: Twin XL sheets, blankets, mattress pad, comforter, pillows – scan the QR code to purchase online!
- Towels and wash cloths



Personal items

- Credit/ATM cards, driver's license, passport/visa, insurance cards, lockbox
- Hair dryer
- Hair iron (auto-off preferred)
- Shampoo and conditioner
- Hair styling products
- Shaving razor and cream
- Toothbrush, toothpaste, floss
- Cold medicines
- Prescription medicines
- Toiletry caddy
- Shower shoes
- Bathrobe
- Body wash/soap
- Hand sanitizer
- First aid kit
- Cosmetics
- Deodorant
- Brush/comb
- Nail clipper
- Tweezers
- Q-tips



Dining stuff (for late night snacking!)

- Mini-fridge – scan the QR code to rent online!
- Single serve coffeemaker (example: Keurig)
- Brita pitcher
- Water bottle
- Bowls, plates, cups, utensils, food containers



What to leave at home

- Extensions cords (*allowed one surge protector per resident*)
- Rubber-backed carpeting – *this is a fire code violation*
- Weapons, firearms of any kind, and look-alike-weapons
- Laundry detergent pods – *please use HE laundry detergent*
- Halogen lamps, potpourri burners, candle warmers, candles, and incense
- Microwaves – *there is a microwave on each floor in the halls; if every room had one the power circuit couldn't handle the power surges*
- Toasters, toaster ovens, hot pots, popcorn poppers, panini grills, hot plates (cooking appliances with exposed heating elements)
- Space heaters, ceiling fans, air conditioners
- Pets of any kind, other than fish in a 10-gallon tank or smaller

Questions? Contact the Residence Life Office at 701-858-3363 or msu.housing@MinotStateU.edu

Parent and Family Weekend

Sept. 14 – 17, 2023



THURSDAY, SEPT. 14

Campus Tours: 10 A.M. and 1 P.M., Enrollment Services (Admin. 165) – Schedule your tour [here](#).

Northwest Arts Center:

Open 9 A.M. – 4 P.M. (Gordon B. Olson Library)

Wellness Center – Open 6 A.M. – 10 P.M.

Rock wall open 4 – 8 P.M.

Group exercise class, time TBD

FRIDAY, SEPT. 15

Campus Tours: 10 A.M. and 1 P.M., Enrollment Services (Admin. 165) – Schedule your tour [here](#).

Northwest Arts Center:

Open 9 A.M. – 4 P.M. (Gordon B. Olson Library)

Wellness Center – Open 6 A.M. – 10 P.M.

Rock wall open 4 – 8 P.M.

Group exercise class, time TBD

MSU Athletics Hall of Fame Banquet – 5 P.M., Grand Hotel

Women's Soccer vs. University of Mary – 6 P.M., First Western Bank Field at Herb Parker Stadium

Women's Volleyball vs. St. Cloud State University
6 P.M., Dome

Homecoming Alumni and Friends Reunion
7 P.M., The Original Bar and Nightclub (21+)

Logger Fest – 4 – 10 p.m., Oak Park

SATURDAY, SEPT. 16

Homecoming 5K Fun Run and Walk – 10:30 A.M., run/walk the parade route

Homecoming Parade

10:30 A.M., Downtown Minot to the MSU Dome

Homecoming Brunch – 10 A.M. – 2 P.M., Beaver Creek Café

Serving: honey pit ham with dinner rolls, vegetarian egg frittata, pork sausage links, eggs benney, cheesy potatoes, glazed carrots, herb baked salmon, caramel rolls (half with pecans), fresh cut fruit, yogurt, and mixed salad (ranch and balsamic vinaigrette)

Tailgate Party – 11 A.M., Dome East lot

Women's Volleyball vs. University Minnesota Duluth
1 P.M., Dome

Football vs. Minnesota State University
2 P.M., First Western Bank Field at Herb Parker Stadium

Wellness Center – Closed

Farmer's Market – 9 A.M. – Noon, Oak Park

Logger Fest – Noon – 11 P.M., Oak Park

SUNDAY, SEPT. 17

Wellness Center – Open Noon – 8 P.M.

Homecoming Brunch – 10 A.M. – 2 P.M., Beaver Creek Café

Serving: prime rib with dinner rolls, vegetarian egg frittata, pork sausage links, breakfast burritos, cheesy potatoes, glazed carrots, chicken alfredo, caramel rolls (half with pecans), fresh cut fruit, yogurt, and mixed salad (ranch and balsamic vinaigrette)

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

Teach your college student independent life skills

by Kimberly Yavorski, CollegiateParent.com

You've probably noticed that the word "adult" is now a verb, as in "I don't want to adult today" or "adulting is hard." Perhaps you've heard these exact words tumbling from your college student's lips.

Like it or not, the adult world awaits, and they need to be ready for it, especially if they'll transition from on-campus to off-campus housing any time soon.

Adulting encompasses numerous mundane activities: grocery shopping, cooking, money management, even just making their own appointments. Ideally you start modeling and teaching these skills in high school, but you can play catch up any time your college student is home for a break. Invite them to help or look on—it doesn't have to be obvious you're trying to teach a lesson!

Cook together

Pick a day to bond while cooking dinner or brunch together. Dig out a family recipe or experiment with a new cuisine (find recipes in cookbooks or online). If time permits, you could try homemade pasta or pizza dough, or start early in the day to prep a slow cooker recipe.



First, they should help you assemble an ingredient list. What's on hand and what do you need to buy? Where do the spices and cooking oils live, anyway? Have your student handle initial steps like pre-heating the oven and filling a pot with water to boil. Try not to laugh when you realize they don't know how to set the timer on the stove. It may feel like teaching a toddler, because it is. Talk through what you're doing and break down the steps.

Fun idea: Create your own cooking challenge by planning a menu around what you have in the fridge and pantry. And with any meal, remind them it's okay if it doesn't turn out perfectly. Sometimes even Bobby Flay is a flop.

Thread the needle

Clothes are less expensive than they used to be, so many of us are in the habit of tossing garments aside as soon as they get the tiniest rip. But it's not hard to master basic stuff like replacing a button or fixing a loose seam or hem. YouTube has video tutorials if your own skills are rusty. In a pinch, duct tape works to secure a hem and will last through several wash cycles.

Dial up the doctor

Older teens and young adults resist using their phones for actual conversations, but it's still often the only or best way to make an appointment. You probably taught your child to answer the phone when they were young and hovered nearby to coach them on what to say. You can do the same thing now with a call to the doctor, dentist, auto mechanic, etc. If needed, suggest they listen to you make a call first. There's nothing wrong with preparing a little script ahead of time, either.

Nuts and bolts

Renters don't have to worry about most maintenance but your student should know how to handle simple repairs so they don't have to wait on the landlord. A basic toolkit (hammer, flathead and Phillips head

screwdrivers, pliers, wrench, nails, and a tape measure) makes it possible to hang pictures and tighten door knobs and hinges, as well as fix wobbly furniture, a leaky faucet, or a loose toilet seat. (A toilet plunger and instructions on how to use it are also useful!) Employees at the local hardware store or Home Depot can help with how-to or, again, there's always YouTube.

Insurance

Is it time for your student to get their own auto and/or renters insurance? Step back and let them do the research. Suggest they contact multiple companies to compare coverage and rates (make sure the rates they're comparing offer the same coverage). Then sit down together and have them go over the details with you before they make a decision.

In the event they have to file a claim, it's important they understand how deductibles work and what is and isn't covered by their policy. It's also worth talking through what they should do if they ever get in an accident (pull over, call 911, contact insurance company, etc.).

Look under the hood

While today few people handle their own car repairs or routine maintenance, at the very least, your student should know how to open and secure the hood to refill washer fluid and check the oil. They should also know how frequently the oil should be changed, how to check tire tread and air pressure, and what to do if the pressure is low. Look through the owner's manual with them so they know what the warning lights mean and their relative levels of urgency.

If you don't have AAA or a similar roadside assistance membership, show them how to jump start a car and change a flat tire.

Have fun!

Your student might be surprised. Being an adult really isn't so bad. We're all in this together!



Money management is its own separate category.

Browse "Finances" on CollegiateParent.com or find the topic you're looking for here:

- [How much spending money will your college student need?](#)
- [How to make and stick to a budget](#)
- [FAFSA updates and college financial aid information](#)
- [How to apply for and win scholarships](#)
- [Credit 101: What your college student needs to know now](#)
- [College budgeting worksheet](#)
- [Borrowing for college: Advice about loans for students and parents](#)
- [Best ways to save on off-campus living expenses](#)
- [On- and off-campus jobs for college students](#)
- [Tips for thriving on a budget in college](#)

MINOT STATE UNIVERSITY

Summer Theatre

SEASON 58

We are happy to announce that Season 58 at the Summer Theatre began in June. The month of July will feature the final two productions of the season. If you are in town, make plans to attend!



JULY 10TH-14TH



JUL 24 - 28
& JUL 30 - AUG 1

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 can be [purchased here.](#)

The Minot State University Amphitheater has been the home of the MSU Summer Theatre Company since 1971. This beautiful outdoor theater is set on a grass-lined hillside north of the campus. A stage above the rest from the top of the hill!

MSUSummerTheatre.com

