



Parent and Family Newsletter

AUGUST 2023 Issue 2

August 18, 2023

Dear new and returning families,

Welcome to Minot State University! It's GO time! Everything you need to know about move-in day, orientation, and campus life can be found on the following pages.

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 FALL 2023

Friday AUGUST 18	Saturday AUGUST 19	Sunday AUGUST 20	Monday AUGUST 21
<p>7 A.M. Beaver Creek Café opens, meal plans begin</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>Welcome Week kicks off!</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. – 3 P.M. New Student Convocation and Orientation Sessions Ann Nicole Nelson Hall (Old Main) - <i>See schedule on next page</i></p> <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>12 P.M. Welcome BBQ Old Main Lawn</p> <p>4 P.M. Evening classes begin</p> <p>4 P.M. Residence hall floor meetings</p> <p>7 P.M. MSU Life: Slamabama concert Old Main lawn</p>
Tuesday AUGUST 22	Wednesday AUGUST 23	Thursday AUGUST 24	Friday AUGUST 25
<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>7 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>7 P.M. Esports Tournament Wellness Center</p>

New Student Convocation and Orientation

Monday, August 21 – 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. Student Government Association, Nengi Daminabo
- 2:50 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



New dining plans unveiled for 2023-24

Resident (on-campus) meal plan options

	Cost per semester	Year total
Premium Plan	\$2,040.....	\$4,080
19 meals per week + \$150 Dining Dollars		
Base Plan	\$1,890.....	\$3,780
19 meals per week (no dining dollars)		
Block 160	\$1,872.50.....	\$3,745
160 meals per semester + \$350 Dining Dollars		

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



Commuter options

Commuter Block 180	\$730 per semester
80 meals per semester + \$100 Dining Dollars	
Commuter Block 40	\$436 per semester
40 meals per semester + \$100 Dining Dollars	
Single meal rates (paid at time of purchase)	
Breakfast.....	\$8.05
Lunch.....	\$9.75
Dinner.....	\$12.15

Learn more at: <https://minot.sodexomyway.com/my-meal-plan/index>.



IMPORTANT DATES & DEADLINES

AUGUST

- 7 – 30** – Fall bookstore charging
- 17** – New Student Registration
- 18** – Residence Halls open
- 21** – New Student Convocation and Orientation, 9 A.M. – 3 P.M., Ann Nicole Nelson Hall
Classes begin after 4 P.M.
- 22** – First full day for 16-week classes; first day for 8-week classes
- 24** – Last day to add a first 8-week class; last day to drop or withdraw from all first 8-week classes with a 100% refund
- 30** – Last day to add a 16-week class; last day to drop or withdraw from all 16-week classes with a 100% refund

SEPTEMBER

- 4** – Labor Day, University closed
- 6** – Financial aid disbursement; tuition and fees due
- 7** – Last day to withdraw from all first 8-week classes with a 75% refund
- 20** – Last day to withdraw from all first 8-week classes with a 50% refund
- 27** – Last day to drop first 8-week classes
- 29** – Last day to withdraw from all 16-week classes with a 75% refund

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

Last minute financial aid reminders for parents

Classes are now in progress and it's an exciting time for your student as they start the school year! Here are a few reminders for your student related to financial aid and paying their bill at Minot State:

1. Have your student view their account summary in Campus Connection to review tuition, fees, and other charges posted to their account, as well as anticipated financial aid.
 - After logging in, choose Financial Account, then **Account Summary**.
2. Remember that financial aid will begin applying to student accounts just before the **Sept. 6 fall semester fee payment deadline**.
3. If your student submitted a FAFSA for the 2023-24 school year and they do not see any financial aid pending under the Financial Aid tile in Campus Connection, check their Tasks and Communications tile for any items we may be seeking from your student, then contact us at 701-858-3375.
4. If your student will owe a balance after all financial aid is applied, consider the following options to help cover any remaining balance:
 - a. The **Minot State Tuition Payment Plan** allows student to divide up the remaining balance into three monthly payments. More information is available [here](#). The first payment must be made by Sept. 6.

- b. **Federal Parent PLUS Loans** are federal loans that parents can borrow to help students pay their educational expenses. For more information, visit MinotStateU.edu/finaid/loans/index.shtml, then click Federal Parent PLUS Loan.

- c. **Private loans** are non-federal loans offered by lending institutions to assist students. More information and a private loan comparison tool are available [here](#), then click Private Loans.

- d. If you plan to pay a remaining balance, you can pay online on Campus Connection, by mail, or over the phone at 701-858-3333. The mailing address is Minot State University Business Office, 500 University Ave W, Minot, ND 58707.

5. If your student expects to receive more total financial aid for the fall than they will owe to Minot State, encourage them to enroll in **Direct Deposit** in Campus Connection to allow their excess financial aid to conveniently be sent directly to their bank account. Detailed direct deposit instructions are available at MinotStateU.edu/busoffic/pages/direct-deposit-of-financial-aid.shtml.

6. If your student hasn't already done so, discuss having them complete and submit the **FERPA Consent to Release Information** to provide permission for parents to discuss financial matters with Minot State financial aid and business office staff members. The form is easy to complete and it's available online at MinotStateU.edu/records/right_to_privacy.shtml. Students also have the right to revoke permission in the future.

7. Check out our Facebook page for timely reminders about scholarships, financial aid tips, and deadlines on Facebook at Minot State University Financial Aid Office.

8. Contact the financial aid office at 701-858-3375 or email financialaid@MinotStateU.edu if you or your students have any questions. We look forward to assisting you at Minot State!



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 benny, 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.

Six essential campus resources — hints for wise students

By Vicki Nelson, [CollegiateParent.com](https://www.collegiateparent.com)

Getting to know a new college is a big task.

In our focus on roommates and dorm furnishings, choosing classes, and ordering textbooks, we sometimes forget that our first-year students will also need to become familiar with an entirely new physical space. At home, they can find their way from point A to point B with their eyes closed, but now they must chart pathways from their residence hall to their meals to their classes and back again.

Those fundamental needs will get met first. But then comes more complex navigation: locating the campus resources that will help them be successful.

Support your student by encouraging them to discover and take advantage of their campus resources. They need to learn what those resources are and where they're located, and then they need to actually use them.

One of the first things you can do is ensure your student understands that **asking for help isn't a sign of weakness or an admission of failure**. Independence doesn't mean doing everything on your own. It means knowing what you need and advocating for those needs.



The wise student will use every tool available, but asking others for help isn't always easy. Assure your student that, although you will be there for emotional support, they should use the many resources available on campus to help them succeed.

Six resources for wise students

The sooner your student gets to know their new campus, the sooner they can take advantage of the help that's provided. Here are six resources that are available at almost every college or university, large or small. Talk to your student about being the truly [wise student](#) who will make the most of each.

1. Professors

Professors teach classes, but they also set aside office hours to get to know students and to provide help. Unfortunately, few students take advantage of this one-on-one time with the professor. Some students find the prospect of talking to the professor intimidating, but [it's worth overcoming the hesitation](#). Using office hours allows students to get to know the professor and get individual attention and targeted help with course material.

Wise student hint: Come to meetings with the professor with specific questions, bring any papers or tests, be prepared to listen and take notes — and be sure to thank the professor when you leave.

2. Academic advisor

An academic advisor is the person assigned to help your student make important academic decisions such as choosing a major, selecting appropriate classes, staying on track for their degree, and navigating the college curriculum. An academic advisor can be an excellent partner in your student's academic career, but only if they take advantage of the advisor's guidance. [Working with an advisor](#) can ensure that your student makes informed choices and decisions.

Wise student hint: Even if your advisor is wonderful, don't rely solely on their information. Understand the curriculum and any gen ed/major/degree requirements and keep your own records to stay on track.

3. Tutoring or writing center

Most tutoring centers offer help in many subjects and provide both professional and peer tutoring services. Peer tutors have done well in the subjects that they tutor and can understand the struggles that students encounter. Writing centers offer students help with organizing and editing papers. Working with a tutor can help your student build confidence and study skills and can provide accountability to help them keep up with assignments.

Wise student hint: Start working with a tutor early in the semester before encountering real difficulty. This will help you establish a relationship with a tutor, build on early skills, and be comfortable with the tutoring process well before midterm or final exam time.

4. College library

Beyond the many online services, internet resources, and databases offered by the campus library, a visit to the physical building can uncover additional resources. Libraries provide quiet study spaces that suit students who are easily distracted or disturbed by the noise and commotion in their residence hall. Most also offer group study areas where students can work with others on projects or exam preparation. The expertise of the librarians can help guide students through essential research steps and help them to discover and access unfamiliar resources.

Wise student hint: Librarians love questions and are there to provide all of the help that you need. Bring your assignment with you, be specific about what you need to find, and don't pretend that you know more than you do. If you don't know how to use a library resource, ask.

5. Campus health center

Campus health centers are no longer the old-fashioned school infirmary. Most contemporary health centers offer onsite medical and counseling services and general wellness education. Increasingly, [campus health centers offer expanded services](#) to help students deal with [stress](#), anxiety, and other [mental health](#) issues. Encourage your student to seek physical or psychological help if they need it.

Wise student hint: Locate the health center early before you need it. Ask about policies, how to make appointments, what services are available, and what the hours are. If you are sick and need help, you will already be familiar and comfortable with the process and staff.

6. Career center

The career center on most campuses is far more than a job placement office and should be on your student's list of places to visit in the first year. Most of today's career offices can help your student choose a major, explore careers within a chosen major, discover strengths and talents, find on- and off-campus jobs, and [seek out internships](#). Career centers also offer help with resume building, interviewing skills, and workplace expectations. The career center can be an essential link between your student's academic work and their future career.

Wise student hint: [Visit the career center early](#) to learn what they offer. Return regularly to take advantage of services and build relationships with staff members. They will keep you in mind when they know of new opportunities.

Unfortunately, many terrific campus resources are underutilized. You may need to nudge your student to find and use the resources available at their school. Help them be the wise student who knows how to ask for help and does it often. One college professor said, "Asking for help is the new smart!"