



# Parent and Family Newsletter

## AUGUST 2023 Issue 1

August 1, 2023

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](mailto: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 22
<p><b>7 A.M.</b> Beaver Creek Café opens, meal plans begin</p> <p><b>9 A.M. – 5 P.M.</b> Residence halls open for move-in</p> <p><b>10 A.M. – 2 P.M.</b> Red informational tent, Quad</p> <p><b>5 P.M.</b> Residence hall floor meetings and social</p> 	<p><b>9 A.M. – 5 P.M.</b> Residence halls open for move-in</p> <p><b>10 A.M. – 2 P.M.</b> Red informational tent, Quad</p> <p><b>5 P.M.</b> Residence hall floor meetings and social</p> <p><b>Campus Hours (Saturday)</b> 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.</p> <p><i>Regular business hours resume Monday at 8 A.M.</i></p>	<p><b>9 A.M. – 5 P.M.</b> Residence halls open for move-in</p> <p><b>10 A.M. – 2 P.M.</b> Red informational tent, Quad</p> <p><b>4 P.M.</b> Residence hall floor meetings</p> <p><b>5 – 8 P.M. RecFest</b> Wellness Center Lawn</p> <p><b>Campus Hours (Sunday)</b> 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.</p> <p><i>Regular business hours resume Monday at 8 A.M.</i></p>	<p><b>9 A.M. – 3 P.M.</b> <b>New Student Convocation and Orientation Sessions</b> Ann Nicole Nelson Hall (Old Main)</p> <p><b>10 A.M. – 2 P.M.</b> Residence halls open for move-in</p> <p><b>10 A.M. – 2 P.M.</b> Red informational tent, Quad</p> <p><b>12 P.M.</b> <b>Welcome BBQ</b> Old Main Lawn</p> <p><b>4 P.M.</b> Evening classes begin</p> <p><b>5 P.M.</b> Residence hall floor meetings</p> <p><b>7 P.M.</b> <b>Slamabama concert</b> Location TBA</p>
Tuesday AUGUST 22	Wednesday AUGUST 23	Thursday AUGUST 24	Friday AUGUST 25
<p><b>Classes begin</b></p> <p><b>10 A.M. – 2 P.M.</b> Red informational tent, Quad</p> <p><b>12 P.M.</b> Free lunch, Quad</p> <p><b>7 P.M.</b> <b>MSU Life Welcome Bingo</b> Old Main Lawn</p>	<p><b>11 A.M. – 1 P.M.</b> <b>MSU Life Club Fair</b> and free lunch, Quad</p> <p><b>7 P.M.</b> <b>MSU Life Campfires,</b> Quad</p>	<p><b>12 P.M.</b> Free lunch, Quad</p> <p><b>7 P.M.</b> <b>MSU Life Hypnotist</b> Conference Center (Student Center, third floor)</p>	<p><b>12 P.M.</b> Free lunch, Quad</p> <p><b>Time TBA</b> <b>Esports Tournament</b> Wellness Center</p>

# New dining plans unveiled for 2023-24



## 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., Anne 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).

### Resident (on-campus) meal plan options

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

<b>Commuter Block 180</b> .....	\$730 per semester
80 meals per semester + \$100 Dining Dollars	
<b>Commuter Block 40</b> .....	\$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>.



## Fall financial aid reminders

- › Fall tuition and fees are posted to student accounts in Campus Connection during the first week of August. To review fall charges and anticipated financial aid amounts, we encourage your student log into Campus Connection at [MinotStateU.edu/cc](https://MinotStateU.edu/cc), select the Financial Account tile, then click Account Summary.

**Reminder:** Fall financial aid is not applied to student accounts until just before the Sept. 6 fall semester payment deadline.

- › If your student expects more total financial aid than their fall Minot State tuition and fees, encourage them to enroll in direct deposit so those excess funds can be sent directly to their bank account. Detailed instructions on how to sign up for direct deposit through Campus Connection is available at [MinotStateU.edu/busoffic/pages/direct-deposit-of-financial-aid.shtml](https://MinotStateU.edu/busoffic/pages/direct-deposit-of-financial-aid.shtml).
- › If your student will owe a balance after all financial aid is applied, consider the following options to help cover any remaining balance:
  - The **Minot State Tuition Payment Plan** allows students to divide up their remaining balance into three monthly payments. Learn more at [MinotStateU.edu/busoffic/pages/tuition-payment-plan.shtml](https://MinotStateU.edu/busoffic/pages/tuition-payment-plan.shtml). The first payment plus a \$50 enrollment fee is due by Sept. 6.
  - **Federal Parent PLUS Loans** are loans parents can borrow to help students pay their educational expenses. For more information, visit [MinotStateU.edu/finaid/loans/index.shtml](https://MinotStateU.edu/finaid/loans/index.shtml), then click Federal Parent PLUS Loan.
  - **Private loans** are non-federal loans offered by lending institutions to assist students. More information and a private loan comparison tool are available at [MinotStateU.edu/finaid/loans/index.shtml](https://MinotStateU.edu/finaid/loans/index.shtml), then select Private Loans.
- You can also pay the remaining balance online through 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.
- › If your student is expecting a scholarship from any organization other than Minot State, consider having them follow up with that organization to ensure funds are sent to Minot State, especially if you don't see the scholarship listed as anticipated aid on their Account Summary. Scholarship checks can be mailed to us at:

Minot State University  
Financial Aid Office  
500 University Ave. W  
Minot, ND 58707
- › If your student hasn't already done so, discuss having them complete and submit the **FERPA Consent to Release Information** form. This form provides permission for parents to discuss financial matters with Minot State financial aid and business office staff members. The form is easy to complete and available at [MinotStateU.edu/records/right\\_to\\_privacy.shtml](https://MinotStateU.edu/records/right_to_privacy.shtml).
- › If your family is experiencing a unique change in income or other circumstances that impacts your ability to pay for education costs, contact the financial aid office to discuss the possibility of filing a [special circumstance appeal](#).
- › If your student is borrowing a Federal Direct Loan for the first time, be sure they complete the Direct Loan Master Promissory Note and Entrance Loan Counseling at [studentaid.gov/entrance-counseling/](https://studentaid.gov/entrance-counseling/).

For timely reminders about scholarships, financial aid tips, and deadlines, follow us on [Facebook](#).

For questions, contact the financial aid office at 701-858-3375 or [financialaid@MinotStateU.edu](mailto:financialaid@MinotStateU.edu). We look forward to assisting you!

# 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](mailto:kevin.harmon@MinotStateU.edu) to register or for more information.**

# Ten conversations for the summer before college

By Suzanne Shaffer, [CollegiateParent.com](http://CollegiateParent.com)



If you have a college-bound teen in your house, the summer before college can be stressful. As a parent, you're dealing with a myriad of emotions. On one hand, you're excited about your student's future as they head off on the road to adulthood; on the other, you're aware they might not be quite ready for the journey.

When my daughter left for college, she'd just turned 18. She'd chosen a school 1,500 miles away from home. She'd never lived apart from family and friends, and I was concerned about her ability to adapt in a completely different environment. I knew I had the summer to initiate some important conversations with her, and I did.

These 10 conversations should help your student prepare for college and start their first year with confidence.

## 1. Choose your friends wisely.

College friends will impact your student's academic success and social stability. These friends will be their family away from home and help them adjust to being on their own.

Discuss the impact these friendships can have in both a positive and negative way. Your student has already

experienced peer pressure in high school, but college peer pressure will be different — you won't be there to meet their friends and give advice.

## 2. Study first, then play.

[College academics](#) are much more rigorous than high school. The reading is extensive. The homework can be overwhelming. The study requirements can be brutal.

Studying should always be a priority. If it isn't, your student's first semester of college could be their last. But all work and no play can be harmful as well. Socializing is a part of college life and should be embraced, and [getting involved](#) with campus groups and activities will help your student make a happy adjustment to their new environment.

## 3. Don't look in the rearview mirror.

Sometimes a student's high school and childhood friends, or significant other, can bring them down. If they're experiencing homesickness, that pull to return home from the friends who stayed can be strong.

Remind your student to always look ahead and stay focused on the future. Even though the comfort of the familiar may seem easy, there are new experiences and friendships to explore.

## 4. Start planning for graduation.

This might seem premature, but four years will pass quickly. Remind your student to take advantage of every opportunity that prepares them for life after graduation.

They should make connections with alumni, seek out [internship opportunities](#), visit the career center, and [develop relationships with their professors](#). These early preparations can mean the difference between having a job secured in their field of study or scrambling to find any employment to pay the bills.

## 5. Resolve conflict immediately.

[Roommate conflicts](#) will occur in college. Your student's first instinct will be to ignore the problem and hope it goes away. Speaking from experience with my daughter, it only gets worse. Most of the angst she experienced with her roommates could have been avoided if she simply had a conversation and voiced her concerns. For the worst problems, encourage your student to go to their RA (resident assistant) for mediation.

In all situations and relationships, [self-advocacy](#) is an important life skill your student should work on throughout their college years.

## 6. Your professors are your friends.

Your student's [professors will be key players](#) in their college success. Encourage them to establish relationships early and cultivate them.

Professors do more than teach — they can be a valuable resource for networking, mentoring, tutoring, teaching and research assistant (TA and RA) opportunities, and much more. Urge your student to take advantage of their professors' office hours!

## 7. Avoid risky behavior.

Peer pressure in college can be even greater than in high school. Your student is alone, surrounded by all types of risky behavioral choices. You aren't there to pull in the reins, and they are free to go in any direction they choose.

Reinforce the conversations you had in the past about these dangers and help them understand that poor choices have consequences. [Talk to them](#) about the prevalence of alcohol on campus and what it means to drink responsibly. Discuss [sexual health](#), healthy relationships, and consent, too.

## 8. Don't neglect your mental health.

First and foremost, remind them they are not alone. Researchers at [American College Health Association](#) [found](#) that nearly 40% of college students reported feeling so depressed that it was difficult for them to function. And 61% of students said they felt overwhelming anxiety in the same time period.

Being away from home and adding the stress of transition into a college environment are key factors impacting your student's mental health. Talk with your them about the importance of communication and openness regarding feelings of depression and/or stress. Let them know there's help on campus and they should never be ashamed to ask for it.

## 9. Not everyone is trustworthy.

It goes without saying that not everyone your student meets while in college can be trusted. Be sure to talk about [campus safety](#), and share tips like not walking alone at night on campus, having a buddy system at parties, and using smartphone apps to alert if an emergency arises.

You should also review the importance of protecting their belongings when away from their dorm, their banking information and credit cards, and their passwords to social media accounts and other online sites.

## 10. Master these life skills.

Does your student have the [basic independent living skills](#) to survive on their own at college? You might think they know this stuff already, but it's a good idea to go over it anyway.

One season on "American Housewife," the parents created a list of "adult" tasks for their teenage daughter to master before college. The list included things like budgeting, changing a tire, making a doctor's appointment, self-advocating, resolving conflict, and more. Your list may be different, but you know what your own student needs to become a responsible, independent adult.

And one extra conversation for good measure...

## 11. Carpe diem: Seize the day!

The experiences my daughter had in college are some of her most treasured memories. Study abroad, Spring Break trips with friends, her sorority sisters and galas, and admired professors shaped her and live on in her heart. College is certainly an academic pursuit, but it can be so much more if your student takes advantage of every opportunity and enjoys every moment.