

**IMPORTANT
DATES TO
REMEMBER:**

- **Oct. 1-6**
Homecoming
- **Oct. 19-21**
Family Weekend
- **Oct. 24**
Majors Fair
- **Oct. 26**
No Classes
- **Nov. 8**
First Day of Spring
Term Registration
- **Nov. 21**
No night classes
- **Nov. 22-23**
No Classes
- **Nov. 30**
Deadline to withdraw
from full-time classes
- **Dec. 10-14**
Final Exams
- **Dec. 6-Jan. 13**
Winter Break
- **Jan. 14**
Spring Semester
Classes Begin

**QUESTIONS,
COMMENTS
OR
CONCERNS?**

**CONTACT:
ROCHELLE AMENT**

**COORDINATOR OF
PARENT SERVICES**

**PHONE:
(507) 389-6601**

**EMAIL:
ROCHELLE.AMENT@
MNSU.EDU**

Family Connections

A NEWSLETTER FOR PARENTS OF MINNESOTA STATE
UNIVERSITY MANKATO STUDENTS

GOAL SETTING FOR ACADEMIC SUCCESS

Whether it's earning an "A" in a course, choosing a major or graduating in four or five years, attaining those goals takes a lot of thought and careful planning.

Making the grade isn't always easy but with some planning and effort students will find that they'll be rewarded for their efforts.

Students often struggle in classes because they underestimate the amount of time they'll need to study and prepare for their course work. Students should schedule specific time in their day to study and make it a habit. On average students will need to spend 3 hours per week for every credit hour enrolled.

It's also important for students to balance their study time with time to sleep, eat, and socialize. It's important for students to take a

break every now and then to have fun and relax.

Students should also be thinking about not just tomorrow's assignment, but those due throughout the semester. Mid term and end of the



Creating specific time to study is important

semester projects can pile up as the due dates approach. Breaking up the work on big projects into manageable chunks can help alleviate the pressure towards the end of the semester.

Speaking of the end of the semester...students should start now prepping and studying for finals. Cramming and pulling an "all nighter" isn't an effective way to prepare for exams. Information is easier to retain when it's gained in increments and consistently reinforced with refresher information.

You can assist your student in being successful academically by challenging them to stay on top of their studies and using resources like the Center for Academic Success. The Center for Academic Success offers free tutoring and can offer assistance in the areas of study skills, test preparation, note taking, and fighting procrastination. Students can stop by the Center for Academic Success in the lower level of the Library or by calling (507) 389-1791.

Mavericks After Dark



What's going on this weekend? All kinds of things! Mavericks After Dark is a new initiative on campus. Events happen each Saturday starting at 10:00 pm and include a karaoke contest, a carnival following the football

game, a Halloween costume party and free CSU Game Room open to all Minnesota State Mankato students. "This gives the campus a great opportunity to keep students engaged and having fun late night during

the weekend," said Wendy Schuh, who worked to start up this initiative. "If a student is sitting around on a Saturday night, he or she knows there will be something going on and just needs to find out what!" *continued on pg. 4*

Monthly Tips for the First Year Transition

To better understand and support your student throughout their transition year, below is a list of emotions and situations that a student may experience and in a month that they will often occur.

October-academic stress from mid-terms, values exploration, dating/non-dating/friendship relationships, homesickness, financial strain, time conflicts between academics and social life

November-academic pressures, pre-finals stress, time management conflicts, anxiety about not having ad-

justed to college life

December-final exam pressures, extracurricular time strains, financial worries, returning home for winter break

January- anxiety about second semester performance, money problems-no job over break, post-holiday blues, re-incorporating social life and academic life

February-cabin fever, career/major choice anxiety, summer job hunting starts, relationship anxiety

Rochelle Ament, Coordinator of Parent Services

March-mid-term examinations, fall living arrangement anxieties, summer job hunt continues

April- academic pressure increase, papers and exams approaching, pressure to select a major

May-academic deficiencies start to emerge, final exam pressures, summer job panic, anxiety caused by leaving college friends/relationships, re-integration into family life

Advice for Living with a Roommate

Torin Akey, Associate Director for Residential Life

Living with another person is always an adjustment. Attending college is an adjustment. And, since living with someone else in a residence hall room combines both elements, it is likely that there will be days when your student is "getting along great" with their roommate and days they wished their roommate moved out.

What should you do if your student is describing their current roommate experience as less than ideal?

Listen with the intent of listening rather than problem solving.

Conflicts are inevitable as both students adjust to this living experience and have different

needs, values, likes and dislikes. Your student may simply want to vent to you or the experience they are sharing is simply a "sound byte" of their day or week. Avoid volunteering to intervene; your student may tell you less about their experiences in the future if that is your first reaction. **Continued on page 3.**

"Listen with the intent of listening rather than problem solving."

Julia Sears Residence Hall Sign Up

Students will soon begin exploring housing options for next year!

In October, Minnesota State Mankato students will begin the on-campus housing sign-up process for 2008-2009. Many exciting, new options are available, including renovated spaces, single rooms, and two- and four- person semi-suites in

the new Julia A. Sears Residence Hall.

We routinely consult with students about residence hall rates for the following year later in the fall. However, students living in these premium spaces should expect to see a rate 15-20% higher than regular room rates. A \$250 prepayment at the time of sign-up holds, until Fall

2008, the room your student chooses!

Schedule

Class status at Minnesota State Mankato this semester determines eligibility to reserve a room.



Julia A. Sears Residence Hall will accommodate 608 students in semi suite style rooms.

Continued on pg. 3

Family Weekend 2007

Join us for **Family Weekend, October 19 – 21!**

We have a variety of activities planned for all interests – academic college events, a 5k fun run/walk, Maverick Athletics, movies, theatre productions, tours and more! On Saturday, be sure to stop by the Family Fun Zone with games for kids of all ages and enjoy great food at the Family Weekend BBQ. Tickets for the BBQ are \$7.50 per person. The first 200 people to register will pay a reduced price of \$5.00 per person. To register for the BBQ, call 507-389-6601 or visit www.mnsu.edu/



.....continued from pg. 2



Julia Sears Residence Hall Sign Up

All Room Selection opportunities are held in the Department of Residential Life Office at 111 Carkoski Commons, 8:00 a.m. – 4:30 p.m.

Grad and Senior Week

Monday, October 8 – Friday, October 12

Junior Week

Monday, October 15 – Friday, October 19

Sophomore Week

Monday, October 22 – Friday, October 26

Freshman Week

Monday, October 29 – Friday, November 2

Freshmen currently living on campus choose their room or semi-suite during this week based on the time determined by a lottery. Freshmen interested in choosing a room during this week should visit the Residential Life Office Monday, October 8 - Friday, October 26 to participate in the lottery.

All Current Students

Monday, November 26 – Friday, April 4

Advice for Living with a Roommate

continued from Pg. 2

Ask your student how they have brought this conflict to the attention of their roommate.

Instant Messaging or sending an email is not an effective way to deal with conflicts. Encourage your student to share face-to-face with their roommate their concern and what they need in this shared space to be successful.

In my experience, most reoccurring roommate conflicts occur when students choose not to talk about their concerns with their roommate or try to be "too nice" when discussing their individual needs. At the beginning of the year, your student received a roommate agreement and they were encouraged to engage in a dialogue about these common sources of conflicts. Some students completed them while others threw them away. When you are hearing of a conflict, encourage your student to revisit the agreed upon expectations or, if they didn't complete a roommate agreement, encourage them to

pick up another one at the front desk of their residential hall.

Ask your student how you can help.

Do they want to practice their roommate conversation with you? Do they want your advice and guidance? Do they want you to ask them how the conversation went next time you talk? Recognize that how you want to help and how they want you to help them may be different. "Letting Go" and "Letting (your student) Grow" is difficult at times; however, helping your student to develop conflict resolution skills will provide them benefits in many future environments.

Ask your student what resources they know about.

The Community Advisor (CA) can help mediate roommate conflicts and the Complex Director can help when the conflict involves a policy violation. Room changes also can give your student a "fresh start" in a different environment. Students can find out what rooms are available by speaking with the Administrative Assistant at the front desk of their residential hall.

As you help your student navigate their college transition and find yourself stuck, needing advice, or wanting to know a "next step" please contact the Residential Life Office at 389-1011.

Mavericks After Dark



Continued from pg. 1

The purpose of the program is directly related to alternative activities from alcohol use. For more information, visit www.mnsu.edu/afterdark or www.katoparty411.com.

Upcoming Mavericks After Dark programs include:

- September 22-Last Maverick Standing Comedy Finals
- September 29-Skate with the Mavericks
- October 6-Bingo Night
- October 13-Chick Flick Night
- October 20-Free Game Room
- October 27-Halloween Costume Party
- November 3-Pool Party
- November 10-Step Show
- November 17-Karaoke Sing Off

A Reminder from Student Health Services:

All students are required to have updated records for the mumps, measles, rubella, tetanus and diphtheria vaccines. Health Services also recommends students get the following vaccinations:

- Flu
- Meningitis
- Gardasil (females)
- Hepatitis A
- Hepatitis B
- TDaP (tetanus, diphtheria, pertussis)

Student Health Services can also provide allergy shots and travel vaccinations.

Contact Student Health Services for more information at (507) 389-6276.

News from Student Financial Services

A huge thank you to all students and families who made it possible for our staff to process over \$30 million in financial aid funds by the first disbursement date for fall semester! If there are any outstanding items that need to be addressed with financial aid/student loan processing, please advise your student to follow-up with us as soon as possible. The final tuition due date has passed, and we will

soon be notifying students that any unpaid account balances as of September 28, 2007, will be subject to the \$50 late fee as well as Unpaid Balance holds. In order to avoid these past due penalties, students have the following options available to meet their financial obligations:

1. Make a personal payment for the remaining balance due;

2. Resolve late financial aid funds processing that will apply to charges;
3. Enroll in the Nelnet/FACTS payment plan.

We are happy to work with students who are actively pursuing resolution to their financial status, so please encourage your student to be aware of their account status and seek assistance if necessary.

Meet the New Parent Services Coordinator



The Office of First Year Experience welcomes Rochelle Ament

to the new position of Parent Services Coordinator. Rochelle will serve as a liaison for parents and can assist with student related issues and concerns.

Some of Rochelle's responsibilities will include serving on the Family Weekend committee, coordinating the parent newsletter, and presenting programs during Orientation sessions.

The Parent Services Program also hopes to unveil a new and more user friendly website for parents as well as additional programs to help parents stay connected to their col-

lege student.

Though still in the early stages, the Parent Services Program hopes to provide new opportunities for parents including a care package program, a Parent Association and other ways for parents to continue to build a partnership with the institution.



Rochelle Ament
Parent Services
Coordinator