

IMPORTANT
DATES TO
REMEMBER:

- Jan. 12
First Day of Spring
Classes
- Jan. 16
Deadline for dropping a
full term course
without penalty
- Jan. 19
No Classes - MLK Day
- Jan. 26
Deadline for changing
grading method
- Feb. 16
President's Day
Classes in Session
- March 9-13
Spring Break
- April 10
Deadline to withdraw
from an individual
course
- April 24
Deadline to withdraw
from University
- May 4-8
Finals Week
- May 9
Spring
Commencement

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

Choosing or Changing Majors

....Rochelle Ament, Parent Services

Academic advisors hear it all the time...."I'm just going to finish my generals and then I'll choose a major." Students should not wait for your major to find them – they need to be pro-active and take steps to find a major.

Students who have yet to choose a major or are thinking of changing their major can utilize the following steps and resources when selecting a major.

Students should:

- Check out the majors/minors available at MSU by looking through the undergraduate bulletin. Note the ones that sound interesting to research further.
- Read the course descriptions for majors that

sound interesting.

- Visit with an advisor and/or Student Relations Coordinator to learn more about interesting majors.
- Ask questions like the ones below:
 1. Tell me about this major.
 2. What do the classes focus on?
 3. What do the students in that major do after graduation?
 4. Are their student organizations associated with this major?
 5. Tell me about internship opportunities with this major.
- Take an introductory course(s) and/or general education course(s) in the major(s) you're consider-

ing.

- Go to the Career Development Center during Quick Stop (M-F, 11:30-2:30PM) to learn about resources there, and check out the Career Resource Library!
- Check out the Choosing & Changing Majors Handbook (www.mnsu.edu/cdc/students/majors/handbook/).
- Do a career assessment (like the FOCUS – www.mnsu.edu/cdc/students/career/focus.html), and meet with a CDC advisor to discuss your results.

...continued on pg. 2

College Survival Skills

...Rochelle Ament, Parent Services

The National Resource Center on AD/HD sites the consequences of ADHD at the college level include procrastination, poor organization and time management resulting in academic underachievement, poor self-esteem, and difficulty keeping

current with assignments and reading.

Problems also arise in personal relationships and mood stability. Distractibility and difficulty focusing can lead to problems with reading comprehension, note-taking, and completing assignments and

tests in a timely fashion. Impediments to success at the college level include issues that are both academic and/or personal.

This semester the MSU Counseling Center is offering a group to help students

....continued on pg. 2

Become an Effective Student

...Rochelle Ament, Parent Services

Doing well academically is a skill that takes time and effort to master. Students can fine tune their study skills by accessing many campus resources including the Center for Academic Success (CAS).

The Center offers tutoring in most lower division courses and provides individual tutoring and writing assistance on a walk in basis. Students can access CAS's tutoring schedule for spring semester by visiting their website at www.mnsu.edu/academic-success

As a parent you've probably already fielded a few of your student's

detressed phone calls regarding academics. Here are a few test taking tips to remind your student of when they are feeling the stress of impending tests or exams.

- Read the directions carefully before beginning the test.
- Know how much time is allotted to finish the test.
- Take a minute to review the test to help budget time. Allow more time for questions that are worth more points.
- If time allows, use it to check answers.

- Get a good night sleep before the exam; studying into the late night hours before an exam can result in making careless mistakes.
- Eat something before the exam, but avoid eating junk food (high sugar foods). Healthy foods such as fruit and protein are best.
- Take your time on the test. There is not prize for finishing first.
- Before you begin the test, jot down key ideas that you might forget.

These tips plus a few words of encouragement from you can help students perform their very best academically.

College Survival Skills

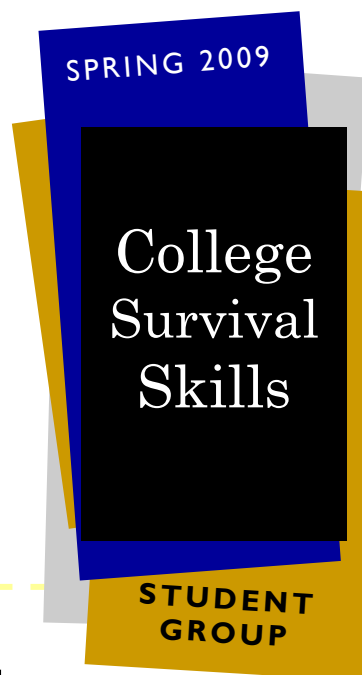
develop strategies to better manage college demands and more.

Group goals include:

- Learning Time Management
- Limiting Procrastination
- Developing Organizational Strategies
- Dealing with Distractibility

- Building Relationship Skills
- Enhancing Communication
- Increasing Self-Acceptance

To join the group, schedule student's need to schedule an appointment at the Counseling Center by calling (507) 389-1455.



Group Info

Starts: The

Week of Feb.

16th

Time: TBD

Location: CSU

256

Choosing or Changing Majors

.....continued from page 1

- Check out the Occupational Outlook Handbook (www.bls.gov/oco/) for information about careers.
- Review the "What Can I Do with My Major?" website (www.mnsu.edu/cdc/students/majors/whatmajor/) for more ideas about possible careers.
- Take CSP 110: Decision Making for Career and Life to reflect on your career/personal goals.
- Check out www.mnsu.edu/fye/advisng/useful.html for more details.



Information for Parents of Graduates

....Robyn Goldy, Alumni Relations

On Saturday, May 9, 2009 over 1200 students will participate in Commencement exercises at the Taylor Center, Bresnan Arena at Minnesota State Mankato.

If you are a parent or family member of a graduating student, a wealth of information is available online at www.mnsu.edu/graduation. On this web site, you can find important details on ceremony times, parking, directions, college reception, purchasing gifts for your graduate and much more.

Please note: if your student is planning to walk at Commencement, he or she **must** register to participate in the Commencement cere-

mony. **This is different than applying for graduation.**

You may want to confer with your student to ensure this step in the process is completed.

Regular registration for Commencement registration is from January 13 – March 12, 2009.

After March 12, a \$10 late fee per registration will be assessed.

**Registration ends
April 24.**



Re-Applying for Financial Aid

.....Janice Marbel, Student Financial Services

Jan. 1 was the first day that students planning to attend college next fall could submit the Free Application for Federal Student Aid (FAFSA) and begin the financial aid application process for the 2009-2010 academic year. Students and families should submit their FAFSA early to reduce the amount they spend out of pocket to pay for college.

The federal government, state governments and higher education institutions each award financial aid -- which includes need- and non-need-based grants, scholarships, work-study and student loans -- to students and rely on the student's FAFSA information when making award determinations.

By submitting the FAFSA before state and institution deadlines, students maximize their chances of receiving all the gift aid—financial aid that does not have to be

repaid, such as grants and scholarships -- to which they are entitled.

Students and families who are looking to cover the cost of higher education first need to determine what they can contribute from college savings and current income, and then to follow this easy 1-2-3 approach to paying for college. Students and their parents can complete the application on the Web in as little as an hour or two. You should gather all relevant documents and information, before going online to www.fafsa.ed.gov to complete the application.

Students need to submit a FAFSA every year they are in college. Students who are already attending college and who submitted the FAFSA last year may submit a Renewal FAFSA after Jan. 1. The Renewal FAFSA form is streamlined to reduce the number of questions the student must complete, and many

answers are pre-populated with information from the student's previous FAFSA. Here are a few tips when looking to pay for a college education.

- 1. Find free money first.** Apply for financial aid that does not have to be repaid, such as scholarships and grants, by completing the FAFSA.
- 2. Exhaust federal student loans.** Consider borrowing under the federally subsidized student loan programs, which provide the most consumer-friendly loan rates, benefits, and repayment options for students and parents.
- 3. Use private student loans as a last resort, and only to fill any remaining funding gap.**

For more information on applying for or re-applying for financial aid visit the Student Financial Services webpage at: www.mnsu.edu/campusuib or the FAFSA website at:

www.fafsa.ed.gov