

**IMPORTANT  
DATES TO  
REMEMBER:**

- **March 18**  
First day of summer term registration
- **April 10**  
First day of fall term registration
- **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
- **May 18**  
First day of summer term courses

**QUESTIONS,  
COMMENTS  
OR  
CONCERNS?**

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# Family Connections

A NEWSLETTER FOR PARENTS OF MINNESOTA STATE  
UNIVERSITY MANKATO STUDENTS

## Financial Aid Reminder

.....Pat McAuley, Student Financial Services

Now is time to apply for financial aid for the upcoming school year. The earliest that students could apply for 2009-2010 was January 1, 2009, but students and their parents should have their 2008 Federal Income Tax Returns completed before they apply. Students can apply online at [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

We highly recommend that students apply online as it reduces the number of errors made on the application, as well as greatly reduces the time it takes to process the applications.

Students and parents should sign the FAFSA with their federal PIN. If you applied for financial aid last year, the FAFSA data will be "pre-filled" into the

new application to make the process even faster and easier!

Students should apply by **March 15, 2009** in order to be considered for all aid

### FAFSA Help Sessions:

**March 19 5-6:30PM**

**March 24 4:30-6PM**

**April 2 5-6:30PM**

**\*All sessions held in Wissink Hall, ACC 116**

types as some financial aid resources have limited funds.

Student Financial Services is providing FAFSA Help Sessions to assist students in completing their FAFSAs (see above).

We also encourage students to check out the scholarship information on

our website at [www.mnsu.edu/campusub](http://www.mnsu.edu/campusub)

for both Minnesota State Mankato, as well as non-institutional scholarship opportunities.

Please be aware of any scholarship search site or organization requesting a fee to obtain their scholarship information. Any legitimate scholarship service will be free, so don't fall for a scam asking for money or making any guarantees that the student will be awarded a scholarship.

Please feel free to contact Student Financial Services at the Campus Hub with questions.

The Campus Hub can be reached toll free at (800) 627-3529, or via email at [campushub@mnsu.edu](mailto:campushub@mnsu.edu).

## Major Madness: 6 Majors in 6 Days

...Katelyn Romsa, Sophomore Initiatives Coordinator

The Office of First Year Experience and the Career Development Center are hosting an event called "Major Madness this spring." This event provides an opportunity for freshmen and sophomores

to meet with upper class students in different majors to get more insight about majors they might be considering.

6 majors from each of the 6 different colleges from MSU will be repre-

sented—each on a different day.

**March 24**—College of Education featuring **Elementary Education and Early Childhood Education**

....continued on pg. 4



## Career Planning and Job Search Success Strategies

Whether you are just starting out or looking to make a career change, this FREE two hour workshop located at Minnesota State University Mankato's new satellite campus can help you:

- Find resources for best career fit
- Put together a winning resume
- Polish your interviewing skills
- Formulate a successful job search strategy

Tuesday, March 31  
4:00-6:00p.m.

7700 France Avenue,  
Edina

For directions visit  
[www.mnsu.edu/7700france](http://www.mnsu.edu/7700france)

RSVP by Monday, March 23 by calling 507-389-3295 or email [events@mnsu.edu](mailto:events@mnsu.edu). Please include full name, class year and email address.

### Sponsored by:

- Minnesota State University Mankato Alumni Association
- Career Development Center
- College of Extended Learning

## Maverick Boot Camp

.... From Campus Recreation

In the Campus Recreation Department, 2009 started out on the right foot – literally - when 19 teams of 4 people signed up and started pounding the pavement for the first annual Maverick Boot Camp.

The program is a six week competition where teams work with a trainer twice a week to achieve weight loss goals and

accumulate weekly challenge points.

The teams are as varied as the population on our campus; some are former high school athletes and some are just starting a healthy lifestyle plan.

The workouts aren't for the unmotivated. Throughout the day, Otto Rec Center users will see teams running laps, doing push-

ups, jumping on boxes and sweating profusely!

Team trainers take into consideration the current fitness level of their participants, but still find ways to push their team to the next level. Jen Myers, the fitness coordinator, is thrilled that the response has been so positive. "Every time I observe a team in action, they are cheering for each other and really using ....continued on pg. 3

## Parents and Career Planning

....from the Career Development Center

### 10 SPECIFIC WAYS YOU CAN HELP...

**1. Encourage your student to visit the Career Development Center.** Many students use their first semester to "settle into" college life, and so perhaps the spring semester of the freshman year is the optimal time to pay an initial visit to the CDC. The sooner a student becomes familiar

with the staff, resources, and programs, the better prepared he or she will be to make wise career decisions.

**2. Advise your student to write a first draft of his/her resume.** Writing a resume can be a "reality test" and can help a student identify weak areas that require improvement. Encourage your student to use the CDC's "Job Search Handbook" resume worksheets & sample resumes.

**3. Challenge your student to become "occupationally literate".** A career decision should be a process and not a one-time, last-minute event: Discourage putting this decision off until the senior year. Encourage your student to engage in self-assessment, discuss careers & majors with favorite faculty, and research occupations/ careers of interest.

....continued on pg. 3

## Parents and Career Planning

...continued from page 2

### 4. Allow your student to make his/her own decisions.

Even though it is helpful to ask occasionally about career plans, too much prodding can backfire. It's okay to make suggestions about majors and career fields, but let your student be the ultimate judge of what's best.

**5. Emphasize the importance of internships.** Having relevant experience in this competitive job market is critical. Your son or daughter can sample career options by completing internships and experimenting with summer employment opportunities or volunteer work.

**6. Encourage extracurricular involvement.** Part of experiencing college life is to be involved and active outside the classroom. Interpersonal and leadership skills--qualities valued by future employers--are often developed in extracurricular activities.

**7. Persuade your student to stay up-to-date with current events.** Employers will expect students to know what is happening around them. Buy your student a subscription to the New York Times or the Wall Street Journal. When they are home on break, discuss major world and business issues with them.

**8. Expose your student to the world of work.** Take your child to your workplace. Explain to your son or daugh-

ter what you do for a living. Show him or her how to network by interacting with your own colleagues. Help your student identify potential employers.

**9. Teach the value of networking.** Introduce your student to people who have the careers/jobs that are of interest. Suggest your son or daughter contact people in your personal and professional networks for information on summer jobs. Encourage your child to "shadow" someone in the workplace to increase awareness of interesting career fields.

**10. Help the Career Development Center!** For starters, let the CDC know when you have a summer, part-time or full-time job opening. For more information on how you can help, see the slides in the next section of this presentation.

For more information, check out the MN State Mankato "Career Success Guide" online at <http://www.mnsu.edu/cdc/students/career/careersuccessguide.html>

Information above is courtesy of the National Association for Colleges & Employers (NACE). Check out the NACE Parent page at <http://www.jobweb.com/parents.aspx>

## Maverick Boot Camp

.....continued from Pg. 2

that group motivation to keep on truckin' in a situation where, if by themselves, they'd probably stop". Besides the physical benefits participants are gaining from Maverick Boot Camp, there are also psychological ones. Myers noted, "the trainers do an excellent job of introducing new ideas and activities for the teams. Hopefully each team member will walk away feeling more confident about the equipment we have here and how to operate it. Sometimes that can be the scariest part for a person who is just beginning to exercise -- feeling overwhelmed and not knowing where to start might make them choose not to start in the first place".

The goals of Maverick Boot Camp were to get more people in the facility, offer an atmosphere for people who crave competition, an offer an opportunity for people to commit to a healthy lifestyle, even if it is only six weeks.

Maverick Boot Camp has been so popular that the campus recreation department will start up Bootcamp II after spring break.

Encourage your child to take the challenge and see if they can survive six weeks of Bootcamp III!

A final thought from Jen Myers: "nowhere else in a student's life are they going to get myriad opportunities at facilities this high caliber. They have it made! I encourage them all to come use our facilities, whether they are taking part in a competition like Boot Camp, playing intramural sports, attending a group fitness class, or working out on their own. We offer free help for first time exercisers and plenty of incentive programs for avid competitors.



**Start your journey to health today!"**

## Major Madness: 6 Majors in 6 Days

.....continued from page 1

**March 25**—College of Science, Engineering, and Technology featuring **Biology**

**March 26**—College of Allied Health and Nursing featuring **Physical Education**

**March 31**— College of Arts and Humanities featuring **Mass Communications**

**Apr 1**—College of Social and Behavioral Sciences featuring **Psychology**

**Apr 2**— College of Business featuring **Management/Marketing**

Upper class students will be part of a panel where students will gain insight about the following:

- **SKILLS and ABILITIES** necessary for this major
- The role **ADVISING** has had while pursuing this major
- **INTERNSHIP** opportunities with this major
- **CAREER POSSIBILITIES** with this major
- **INVOLVEMENT** with this major (i.e., student organizations).

**Location:** Career Development Center, 209 Wigley Administration from 12:15-1:00 P.M.  
Refreshments will be provided.

## Mankato Summer Storage Rental Options

- **A-1 Storage**  
507-388-1247
- **Gag's Mini Storage**  
507-345-5858
- **Hwy 22 Mini Storage**  
507-388-4304
- **Kato Moving and Storage**  
507-388-9329
- **Mankato Mini Storage**  
507-345-8047
- **UHaul Self Storage**  
507-345-1044

