

Parent & Family Newsletter

FAMILY & FRIENDS WEEKEND 2010!



Thank you to everyone who was able to join us for Family & Friends Weekend, October 1-October 2, 2010. We had a terrific turn out with over 300 people in attendance. We started the weekend with Comedian Jordan Carlos, on Friday night, best known for his appearances on *The Colbert Report* and *The Best Week Ever*.

On Saturday, first year students families were welcomed to a breakfast in the dining hall of our brand new residence hall, Marsh Hall. At the reception families enjoyed viewing photos of first year students from childhood, submitted ahead of time by parents. Families were also welcomed by, Salem State University President Meservey.

Also on Saturday, the Family & Friend Weekend Carnival and BBQ took place. With inflatables, an arts festival, many novelties and games, there was plenty to do for all ages. The athletics department had sporting events for students and their families to attend throughout the day. Parents and families were also encouraged to visit the sights of Salem and many took advantage of half price discounts to numerous museums.

We look forward to Family & Friends Weekend 2011 and hope to see you there.



WHY IS SALEM STATE NOW A UNIVERSITY AND WHAT DOES IT MEAN?

On July 28, Governor Patrick signed legislation creating the Massachusetts State University System. This legislation transformed Salem State College into Salem State University. We have been operating as a university for the last 15 – 20 years, meaning that we offer programs in a broad range of academic disciplines, from certificate programs to bachelor's degrees, to master's degrees and certificates of advanced graduate study. As such, we don't anticipate any significant changes in our day-to-day operations. We do expect that this change will provide our students and our alumni with greater recognition for the work that they've done at Salem State, making them more marketable in an increasingly competitive job market. In addition, we expect that it will enhance our ability to attract funding from private foundations and from the federal government, because the university designation better reflects the depth and breadth of our programmatic offerings. We also believe that it will help us to continue to attract a top-notch faculty and staff.

There are a number of things that will not happen, including:

- Tuition and fees are not expected to increase any more than the usual annual increases;
- We will maintain our small class size, currently averaging less than 20;
- The faculty's focus on teaching will remain the same, as will their teaching loads;
- Signage and stationary will be changed through the regular replacement cycle, from existing college funds; and
- This change does NOT make us part of the University of Massachusetts system, but rather a separate system of state universities.

We're all very excited about this change and look forward to the continued growth and vibrancy of this great institution. More information is also available on the web at salemstate.edu/university.

HOME FOR THE HOLIDAYS — THEY'RE BACK!

When college students return home for their winter break, it can be an adjustment for the entire family. Students returning home for the holidays have mixed feelings, some enjoy returning to the warmth and security of home while others are fiercely protective of their newfound independence.

Winter break is an opportunity for students to reflect on the semester — on ways they have changed, on what they have learned and on how their goals are evolving. Conversations between parents and their college age children about these topics can be extremely rewarding. Talk with your student about what went well in the fall semester, what they found challenging and what adjustments they plan to make for the spring 2011 semester.

The break also provides students with the opportunity to introduce their parents to some of the ideas, books and disciplines they have discovered during the semester. Parents, who engage these conversations with their children, rather than just asking them about grades and professional goals, are likely to find this a very rich experience. It's a great feeling to have your child open up new worlds for you. Listen to their excitement over new ideas without judgment.

WHAT TO EXPECT WHEN COLLEGE KIDS COME HOME TO VISIT

Don't be alarmed if students come home exhausted from the stress of taking final exams. Most students have just finished finals, they are exhausted and they may sleep a lot the first day or two.

If there are siblings at home, the family has to reconfigure. For example, the middle sibling has been used to being the eldest and it may be more of a drag than a delight to have big sister home again. Parents, who welcome home an only child, or the last to have left the home, may realize that they have gotten used to privacy and a clean house. Though parents enjoy the reinvigorated hustle and bustle of family life, they may have moments of longing for the spontaneity and quiet of life on their own.

Don't be surprised if time is a potentially explosive topic. Don't revert automatically to the old rules from your child's high school days when he or she still had a curfew. Don't be surprised if they are going out the door for the evening, as you're heading to bed. Have straight forward discussions and develop mutual expectations with students during the first few days at home.

TIPS FOR PARENTS

By: Karen Hruska, counseling & health services

- Expect your daily rhythm to be disrupted.
- Be prepared to discuss money issues openly. Because money is tight for most college students and parents of college students, finances may become a dominant theme during the student's visit home. The high cost of college, coupled with a student's lack of budgeting skills, may spur tension over the topic.
- Make plans early. Plan ahead and consult your newly returned college student when making plans for family parties, vacations and other family events.
- Refrain from doing everything for your student. It's easy to fall back on old habits when your child returns home. Though it may seem easier to do it yourself, encourage your college student to continue to take responsibility for the things he or she has been handling in college.
- Give students time to catch up with high school friends as well as establish family time. Students also may need time to be alone, take walks or go to another room and read. Give yourself and your student space.
- Accept your differences. The relationships you have with your family are far more important than winning an argument.
- Keep a sense of humor while your student is at home. Try to laugh off the small conflicts.
- Parents should encourage their students, when they return to school, to keep their "winter break" conversations and ideas going with them as well as with the school's academic advisers, instructors or faculty members.
- Parents can help to "remind" their students that they can take advantage of the many student assistance offices at Salem State University—and get help when they need it, as well as continue to grow in the academic pursuits and their journey as young adults.



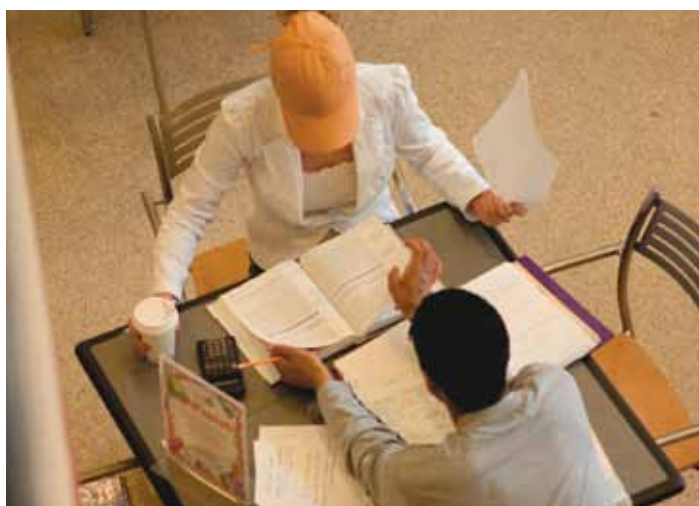
SALEM STATE UNIVERSITY

STUDENT ACADEMIC SUPPORT SERVICES TUTORING PROGRAM

DOES YOUR STUDENT NEED A TUTOR?

Student Academic Support Services (SASS) offers tutoring in many academic subjects for students who are enrolled at Salem State University. The objective of the tutoring program is to increase student academic success by providing a qualified tutor to help students become independent, self-confident, and more efficient learners. The Tutoring Program is free to all full-time and part-time students enrolled at our University.

The SASS tutoring program is located on the bottom floor of the Ellison Campus Center. Tutoring is available Monday – Friday from 8:30 pm – 5 pm. Tutoring is also available (by appointment only) Monday-Thursday, from 5 pm – 10 pm in the Salem State University Library.



DO YOU KNOW A STUDENT WHO COULD BE A TUTOR?

We are also looking for students who are interested in becoming a tutor. If you know of any student (sophomore or higher) who has excelled in a given course and you feel they have the acumen to assist their peers, please encourage them to apply for a tutoring position at salemstate.edu/sass or contact Rhonda Mercier at 978.542.6213 or via email at rmercier@salemstate.edu.

THE READING CENTER

By: Rebecca Dean, Ed. D. Program Coordinator

The Reading Center is available to improve students' reading skills in order to help them succeed in their classes. Using their own textbooks, the center helps students do the following:

- Engage in critical reading skills (evaluating, synthesizing, and analyzing)
- Enhance the use and understanding of the text
- Make learning more meaningful
- Transfer skills to a variety of disciplines
- Reduce test anxiety
- Accurately integrate primary and secondary resources into research papers
- Avoid plagiarism
- Successfully utilize a difficult text

The Reading Center also offers workshops for students who have not satisfied the university's reading competency requirement. The workshops are a series of one-on-one sessions that are individually designed according to the student's skill level. The workshops cover basic comprehension skills, such as stated main idea, implied main idea, author's purpose, author's tone, and paragraph organization. Students must allow at least 90 minutes for the initial workshop. Performance on these tests will determine the individualized plan for future workshop sessions.

The Reading Center is opened during regular campus hours. Appointments can be scheduled starting at 8 am. While appointments are encouraged, walk-ins are always welcomed.

PARENT & FAMILY COUNCIL UPDATE

The Parent & Family Council met during Family & Friends Weekend to discuss with parents and other family members how university status will and will not affect their students. The meeting was hosted by Scott James, associate vice president, enrollment management and Allison Stinson, campus center office.

The Parent & Family Council is looking for more volunteers. If you are looking to become involved please email parents&family@salemstate.edu.

COMMUNITY INVOLVEMENT AND CIVIC ENGAGEMENT AT SALEM STATE UNIVERSITY

By: **Adria Leach**, External Affairs Associate

Salem State University is committed to the growth and success of our students, building a diverse community of educated and engaged citizens that will become our future leaders, business executives, teachers, nurses, police officers, and more. Our community is one that takes its passion and values for service beyond our campus borders, sharing our knowledge and work ethic with the greater community.



Salem State proudly accepts our responsibility to serve the public good; to help others in need; and to be good neighbors in the Commonwealth. Toward these goals, students, faculty, staff and alumni devote thousands of hours each year to serving the greater community through volunteerism and service-learning courses. Last year, over 100 members of the Salem State community completed a survey on civic engagement initiatives for the 2010 academic year. They reported more than 20,000 hours of service to 148 unique organizations in 65 cities and 13 states. Service was provided in areas including arts and culture, education, health care, hunger, and senior services, among others.

Students participated in a wide variety of volunteer opportunities including troop support, blood drives, food collection, mentoring, physical labor, walk-a-thons, and more. For example, many took part in the university's Annual Community Service Day by painting, raking, sweeping and cleaning nearly 20 locations around the North Shore, and the resident assistant and academic mentors (60 student leaders) participated in park and

beach clean ups during staff training at Forest River Park, Collins Cove, Dead Horse Beach and at the Willows in Salem. There was also an increase in student participation in the annual Healing Abuse Working for Change (HAWC) walk, where Salem State had the largest team of all participants.

Students also took advantage of service-learning courses that provided them with a unique opportunity to gain practical knowledge to enhance their classroom experience that not only benefited the students involved, but also aided the external community. Service-learning courses are available across many disciplines. Examples from the 2010 academic year include a public nursing course where students worked with homeless individuals at Lifebridge in Salem, and a geography GIS research and analysis course where students conducted research for a report and maps on voter participation in Lowell.

This year, with the addition of 525 residential students on campus, residence life has increased its civic engagement efforts within the community. Working with the president's office, they have started a new program on campus entitled Saturdays of Service where an RA from a different residence hall will be responsible for coordinating a community service event and recruiting students to participate one Saturday a month from September through April. The kick off for Saturdays of Service was held on September 11, the National Association of College and University Residence Halls' National Day of Service. As part of this service, 20 students volunteered at Lifebridge, four students tabled at Stop & Shop and Crosby's markets for St. Joseph's Food Pantry, and, in the evening, over 80 students made more than 500 paper tulips that were distributed to six different retirement homes and rehabilitation centers throughout the North Shore.

The tradition of service at Salem State University continues on through the efforts of our students, faculty, staff and alumni. The university has well established partnerships with local community organizations including the Greater Salem Boys and Girls Club, Salem Cyberspace, and Lifebridge of Salem as well as Girls Inc. and La Vida in Lynn. Salem State continues its goal to build additional partnerships and reach a greater capacity within the region. We welcome your student to join us in this tradition and to become involved in the community. Anyone interested in civic engagement activities at Salem State may contact Bruce Perry, director of the campus center at bperry@salemstate.edu or 978.542.6435.

A LETTER FROM THE GLBT LIAISON

Dear Salem State University Community,

I wanted to take a moment as the liaison for gay, lesbian, bisexual, and transgender (GLBT) concerns at Salem State University to address the resources that are available on campus for your students. Recent incidents of harassment of GLBT students around the country have struck a nerve in colleges and universities, and reignited the need to show students our support. The suicides that followed the harassment were a sobering reminder to parents, families, friends, and school administrations that we need to reach out and let our students know that we support them.

These tragedies have reaffirmed our commitment here at Salem State to expect that all members of our community be treated respectfully. And there is no place on our campus for those who bully or harass anyone based on any differences.

The following is a list of some of the many resources available to students here at Salem State University.

Campus Police, Central Campus

Center for Diversity and Cultural Enrichment,
Ellison Campus Center 204

Counseling and Health Services, Ellison
Campus Center 107

Liaison for GLBT Concerns, Meier Hall 102

Residence Life, First floor, Atlantic Residence Hall

Student Life, Meier Hall 245

The Alliance, Ellison Campus Center

Please encourage your students to seek out these services if they feel they need support.

Sincerely,

Joseph Kelleher
Liaison for GLBT Concerns, Salem State University
jkelleher@salemstate.edu



'Tis the Season

Resident students can receive fall finals care packages, order should be placed by 11/23/10.

Parents can order care packages to wish their students good luck on finals by sending in the order forms they receive in the mail at home or by calling 1.800.892.8741.

Commuter students can enjoy the holiday fun too! This December, we are planning a huge event for all of our commuter students. As the holiday season approaches, students long for the end of the semester and some relief from the stress of their academic studies. In order to lift their spirits and to alleviate some of their stress, we are planning a special holiday party.

There are two important ways that you can help us with this event. First, we invite you to send a small gift (not more than \$5) to the address below for your student. We will tuck away this gift from home until Monday, December 6, 2010, when we will surprise students with their gifts at 11 am during the Commuter Holiday Party. Second, please don't say anything to the student in your family about this gift! Although we will be publicizing the party on campus, we will make no mention of the gift from home. Please encourage them to attend, but make sure you don't give away the secret!

Mail gifts to:

Allison Stinson
Campus Center, Salem State University
Commuters 2010
352 Lafayette Street, Salem, MA 01970

CELEBRATING U!

This year we are celebrating U! The U in University and the YOU in the Salem State community.

Parents, families and friends are invited to join us in celebrating this momentous and historic occasion with a gift to the Salem State University Annual Fund.

Donors will receive a commemorative pin as a souvenir to mark our collective accomplishment and will also be proudly acknowledged through the University's 'Be the U' website, displayed as part of the 'Be the U' donor roll on campus (gifts of \$100+) and listed in the Annual Donor Honor Roll.

Please visit our website at salemstate.edu/BetheU or, call Lori Boudo, assistant director, annual giving and records, at 978.542.7404.

