Welcome!

On behalf of everyone at Minnesota State University Moorhead, I'm pleased to welcome you and your student to the Dragon family!

My name is Julia Roland, and I'm the interim director of First Year Programs, an office within the university that works to ensure that students have an outstanding experience during their first year at Minnesota State University Moorhead.

Along with our dedicated faculty and staff, you as a parent play a critical role in the success of your college student. This newsletter can help you do that by offering advice and keeping you connected with on-campus happenings. This and other editions will include a wealth of information—from what to pack in anticipation of move-in day to how to cope with the anxiety of watching your student enter a new phase of life.

If you have any questions, concerns or comments about your student's first year at MSU Moorhead, we're here to help. Please contact our office at firstyearprograms@mnstate.edu.

Meantime, I hope you'll find this newsletter interesting, useful and informative!

Sincerely,

Julia Roland
Interim Director of First Year Programs

When Packing, Don’t Forget the “Little Things”

As move-in day nears, you're probably making a list of everything your student needs to pack for his or her foray into college life here at MSU Moorhead. Sure, there are all the usual suspects, like clothing, backpack, laptop, cell phone and the all-important Dragon apparel. But don't forget the “little things” that make residence-hall living easier. We polled some current students, and they shared some often-overlooked items they found to be vital during their first year on campus:

- Bath towels
- Batteries
- Bike and bike lock
- Doorstop
- Duct tape
- Extension cords
- Fan
- Jump drive
- Refillable water bottle
- Shout Color Catcher washer sheets
Tips for Easing Your Student’s (and Your) Transition to College Life

There’s no doubt: Sending a student off to college can be stressful for everyone involved. For your student, there’s uncertainty about new surroundings and new experiences combined with plenty of new-found freedom. For you, there’s concern about how well he or she is adapting to college life and studies.

As a parent, you can do several things to help ease this anxiety. For starters, have a conversation (or several, if need be) with your student. During it, be sure to:

▸ Discuss your expectations of them as a student and make sure that you’re on the same page about the importance of college.

▸ Obtain agreement on their educational goals and how to pursue them.

▸ Underscore the importance of making sound decisions and avoiding high-risk behaviors.

Also, take some time to talk with your student about any apprehension they’re having about beginning college. Reassure them that such anxiety is normal. Encourage them to express their emotions, and be supportive of the way they are feeling.

It’s also normal for you to have some apprehension about your student’s transition to college life. Here are some actions you can take to ease the transition:

▸ Talk with other parents whose children are going off to college. They can be a great support network and source of advice.

▸ Stay connected to your student using email, Skype or other methods of communication. (Keep in mind, though, that your student is likely to be very busy for the first several weeks on campus.)

▸ Make plans to visit during Homecoming weekend, Sept. 26-28. In addition to reuniting, you can tour campus, meet other families and participate in Homecoming festivities. Learn more at www.mnstate.edu/homecoming/events.aspx.

UPCOMING DATES

August 20: Move-in day
August 20-24: Dragon Welcome Week
September 22-28: Homecoming

Be Sure Everything is in Order Before Arriving on Campus

Before you load up the car and head this way on August 20, make sure your student has completed all the necessary housekeeping items necessary to join us. If she or he hasn’t, the following can be completed online:

- Submitted the Free Application for Federal Student Aid (FAFSA): www.fafsa.gov
- Submitted the 2014 Housing and Dining Contract with a $150 prepayment and received a room assignment: www.mnstate.edu/housing/applyforhousing.aspx
- Submitted a minimum payment of $300 to the MSUM Business Office on tuition/fee charges to maintain class registration: www.mnstate.edu/business-services/ tuition/payment-options.aspx
- Submit proof of immunization: www.mnstate.edu/hendrix/immunizations.aspx
- Register for a parking permit: www.mnstate.edu/parking/permitregistration.aspx
- Filled out the Wellness Center Liability Form, so he or she can use the Russell and Ann Gerdin Wellness Center: www.mnstate.edu/wellness/memberships.aspx
- Set up an e2campus account, to be notified in case of campus emergencies or register his or her personal property with Public Safety: www.mnstate.edu/publicsafety

If your student hasn’t completed any of the above items and needs assistance, please contact us at firstyearprograms@mnstate.edu or 218-477-2777.