

From: [Southern Connecticut State University](#)
To: [Rizza, Salvatore A.](#)
Subject: Owl Family Update: Week 15 II Final Week of Classes II Finals Next Week
Date: Monday, December 1, 2025 1:18:48 PM

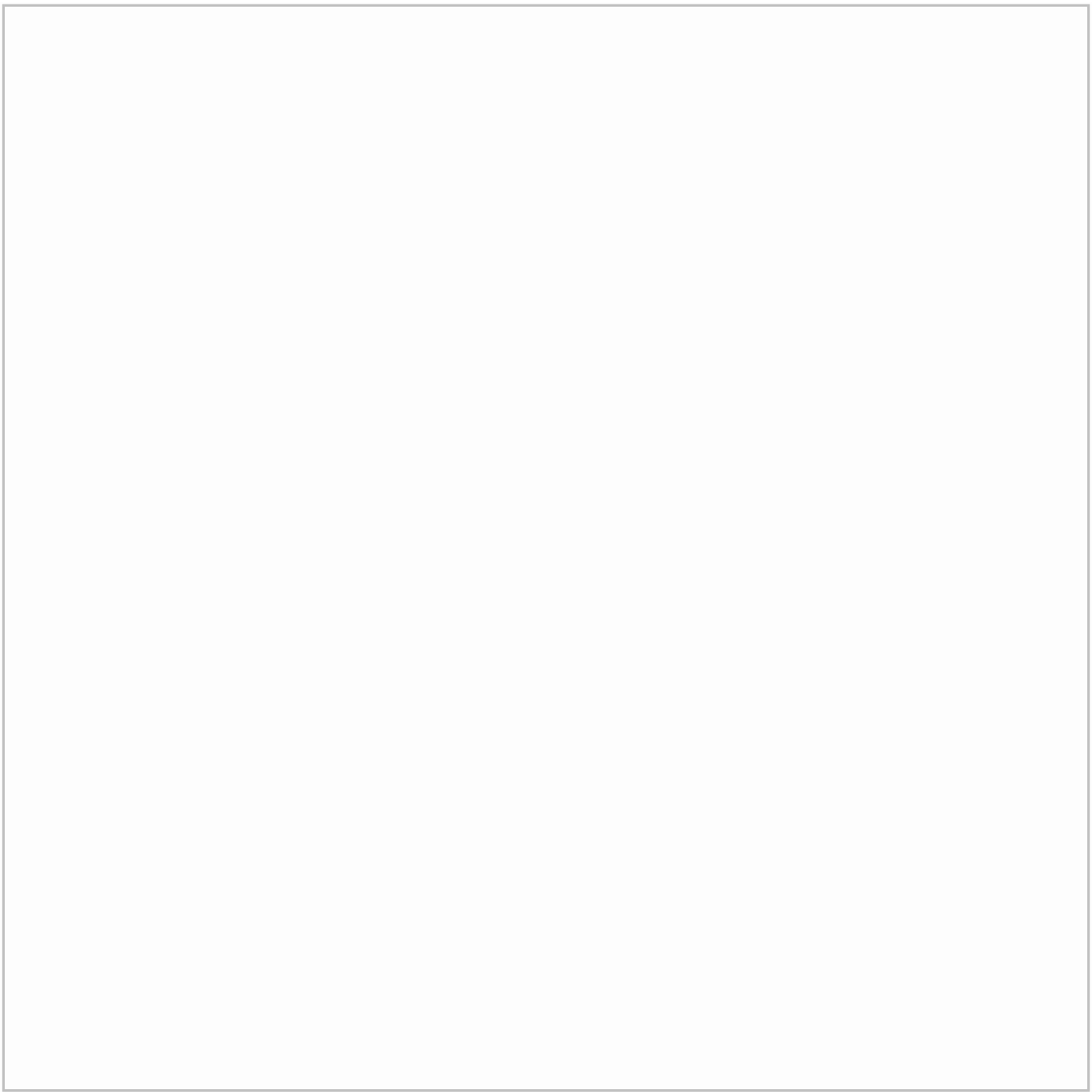


Family Update: December 1st

This email contains the following:

Message from the Director of Orientation,
Transition & Family Engagement

- Weekly Feature
 - Message from Melissa Lopez, Director of Health Services
 - News and Notes
 - Residence Hall Fall Closing and Winter Break Information
 - This Week at Southern
 - Resources
-



Dear Owl Families!

This week's email will be completely focused on how to support your students as they head into the final two weeks of the semester. This week is the final week of classes, and next week will be finals week.

Here are some important tips to support students throughout the final weeks of the semester.

1. **Study Spaces-** Provide students with the time, space, and opportunity they need to complete their projects, essays, and study for their exams. Two of the most popular spaces are the library and student center:
 1. [Library Hours](#)
 2. [Student Center Hours](#)
2. **Academic Success-** Remind them that academic support is available in the Center for [Academic Success and Accessibility Services](#)
3. **Wellbeing-** This can be a very stressful time of year for students, and they may find themselves battling colds or other ailments. Please make sure your students are aware of the support available if they struggle with mental health or if they are feeling ill through our [Wellbeing Center](#).
4. **Other Supports-** If they are “stuck” and aren’t sure where to turn, encourage them to reach out to the many individuals who are here to help, such as Peer Mentors and INQ Professors for first-year students, Residence Life staff for residential students, coaches for athletes, Access Program Advocates for students connected to the access programs. All students have faculty advisors, and the list goes on! And please know that my office (third floor of Buley Library) is always available as well.
5. **Finals Week** begins on Monday, December 8th and concludes on Friday, December 12th.
 1. The schedule during Finals Week varies from a student’s current course schedule. They should visit <https://inside.southernct.edu/scheduling/final-exams> to make sure they know exactly when their final exams will be held and,

MORE importantly, should be reviewing their syllabus as well as connecting with their professors if they have questions.

2. If a student has three exams on one day (which occasionally happens), they should notify their professor.

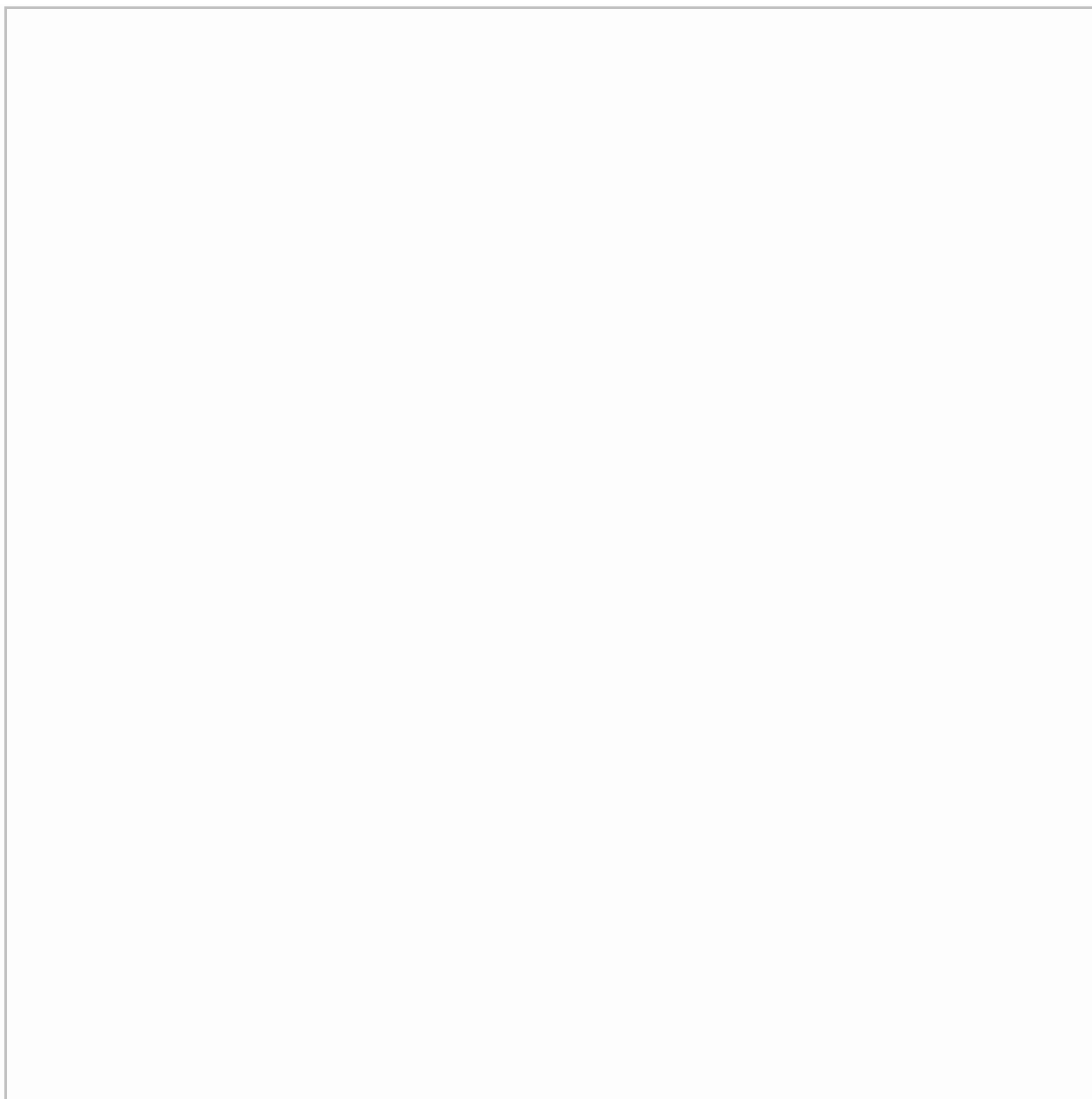
In the News and Notes section, I've included information regarding the Residence Hall winter closing and more.

We wish your students luck and please feel free to contact our office if we can be of support to you.

Sincerely,

Dr. Sal Rizza

Director of Orientation, Transition & Family Engagement



Dear Owl Families,

I hope you're doing and feeling well! My name is Melissa Lopez and I serve as the Director of Health Services. As the parent of a current Southern student, I know how important it is to help our children stay healthy. Below are some strategies that I'd like to share with you all especially as we begin the cold months.

Supporting Student Wellness: Staying Healthy During the Holidays and Spring Semester

The holiday season and the start of a new semester is an opportunity to check

in and help students reinforce strong wellness habits. College life is exciting and full of growth, but shifting routines, academic expectations, and social demands can make healthy habits especially important. With a little support, students can begin the spring semester feeling energized, confident, and ready to succeed. Below are some Holiday and Spring Semester wellness tips.

Holiday Wellness Tips

- Encourage students to keep their bodies moving, even during relaxing breaks. Activities like family walks, fitness classes, sports with friends, or simple at-home workouts can help reduce stress, improve sleep, and boost mood.
- Holiday meals and treats are part of the season, and balance is key. Students can enjoy festive foods while also including nutritious choices such as fruits, vegetables, whole grains, and protein-rich snacks to stay energized.
- After a busy fall semester, break time is ideal for catching up on rest. Quality sleep strengthens the immune system, improves concentration, and helps students return to campus refreshed.
- Meaningful time with family and friends supports emotional well-being. Encourage students to share how they're feeling, reconnect with loved ones, and take time for social support.
- Help students explore healthy coping strategies—journaling, meditation apps, creative projects, spending time outdoors, or checking in with a counselor if stress feels overwhelming.
- Staying current on flu and COVID-19 vaccines provides added protection during busy academic months.

Spring Semester Wellness Tips

- Establishing structure during the first few weeks—consistent sleep, regular meals, dedicated study blocks, and scheduled breaks—helps students feel grounded and reduces academic anxiety.
- Students have access to medical care, mental health counseling, workshops, and peer support groups. These services are designed to help them stay healthy and succeed.
- Drinking water throughout the day and choosing balanced meals can improve energy, focus, and immune health. Many campus dining locations offer nutritious options.
- Whether it's mindfulness, fitness classes, creative clubs, or simply taking time to unwind, self-care helps students maintain emotional balance and resilience.

How Families Can Support

Families play an important role in student wellness. Check-ins can help students feel connected and supported. Encouraging them to use campus resources reinforces that seeking help is a positive and proactive choice. Families can also promote a healthy balance by reminding students to make time for rest, healthy meals, social activities, and self-care alongside their academic responsibilities.

Melissa Lopez, RN, BSN, MPH

Director

she, her, hers

SCSU Student Health Services

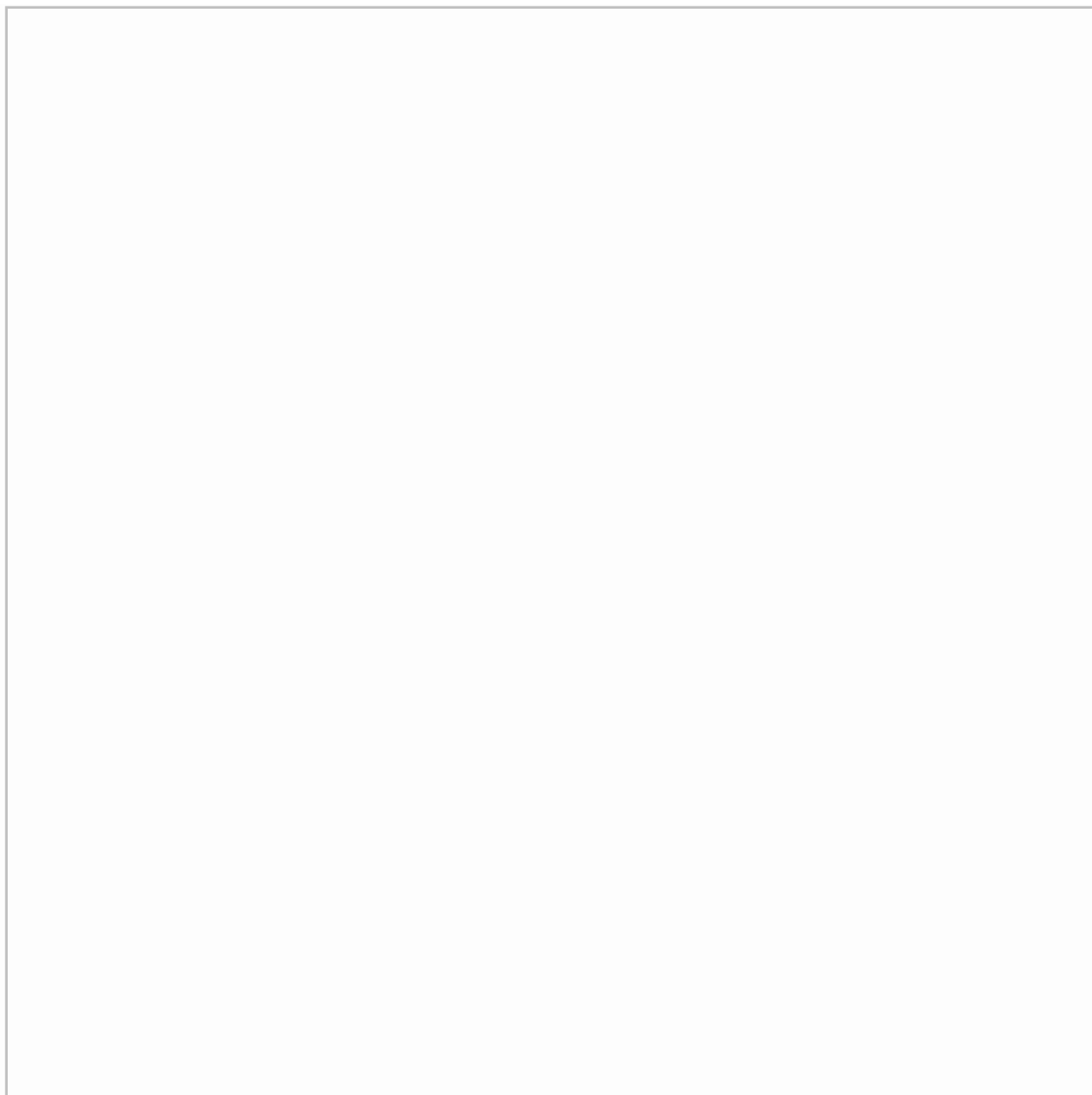
Phone: 203-392-6310

Email: lopezm49@southernct.edu

14 Wintergreen Ave

New Haven, CT 06515

[Inside.southernct.edu/health-services](https://inside.southernct.edu/health-services)



The Office of Residence Life sent this to all residential students:

Good Morning Resident Student,

With the end of the semester rapidly approaching, we wanted to provide you with some important information regarding the winter break closing. Please read the information below carefully and contact your Resident Advisor or Residence Hall Director with any questions or concerns.

Winter Break Closing Information for all Residents:

- **You must vacate your hall on the day of your last final exam.**
- The Residence Halls close for the winter break at 5:00 PM on Friday,

December 12th.

- The Winter Break Housing Request Form is now live in your MyHousing and closes at noon on Wednesday, December 10th. *(See below: Winter Break Housing or Staying Beyond Closing)*.
- You are required to prepare your room for the break and check out with a staff member. *(See below: Closing Returning to the Same Room)*.
- Residence Hall Directors and Resident Advisors will be inspecting your room/apartment after you leave for health and safety reasons and to ensure it is prepared for the break.
- If you are changing rooms or not returning for the spring semester, you must remove all your belongings, return your key, and completely check out of your residence hall with a staff member. *(See below: Closing Instructions: Not Returning or Changing Rooms)*.
- **Quiet Hours begin at 10:00 PM on Wednesday, December 3rd**, and remain in effect throughout the end of the semester.
- **Overnight guests are not permitted starting on Wednesday, December 3rd through the end of the semester.**
- *Save the Date: Move-in for Spring 2026 is scheduled for Tuesday, January 20th, 2026, between 9:00 AM and 4:00 PM.*

Additional Time for Closing:

If you require additional time (up until noon on Saturday, December 13th) to vacate your residence hall due to a late final exam or extenuating circumstances, please submit your request by completing the Winter Break Housing Application and selecting the option to check out by noon on Saturday, December 13th. The Winter Break Housing Application can be found in your MyHousing and closes at noon on Wednesday, December 10th.

Winter Break Housing:

Any resident registered for spring 2026 classes and placed in housing for spring 2026 is eligible to remain on campus during the winter break. To request to stay, please complete the Winter Break Housing application in your MyHousing by noon on Wednesday, December 10th. *The fee for winter break housing is \$40.00 per night.*

To reach the application:

- Log in to your Banner Student account.
- Select *MyHousing*.
- Next to the Residence Life logo in the top left-hand corner, click on the three lines.

- Select *Applications*.
- Click *Winter Break Housing Application*.

Please note: If you choose winter break housing, you will remain in your current housing assignment for winter break. *If you will be changing rooms for the spring semester, you will be relocating to your new spring assignment on **Tuesday, December 16th**, between 9:00 AM and 2:00 PM. More details to come via email closer to the date.*

Closing Instructions - Returning to the Same Room:

Please make sure the following tasks are completed before leaving for the semester break.

- Take home any valuables or items you will need during the break. You will not have access to your room over the break. The university is not responsible for items lost or stolen over the break.
- Take out all garbage to the dumpster adjacent to your residence hall.
- Lock all windows and close all curtains and blinds.
- Unplug every electrical unit in your room/apartment except for refrigerators, cable boxes, modems, and aquariums. *Please ensure all refrigerators, cable boxes, and modems are left plugged in!
- Clean the inside of your refrigerator and the inside of your microwave.
- If you wish to report a maintenance issue, please complete the [online maintenance request form](#).
- **Complete the closing form that will be posted on your room door and be sure to check out with a Residence Life staff member before you leave.**
- Please follow any additional closing procedures set forth by your residence hall director.

Closing Instructions - Not Returning or Changing Rooms for the Spring:

If you are not returning to housing for the spring semester or have requested a room change for the spring, please complete the following steps at checkout:

- Remove all belongings from the room.
- Clean the room thoroughly. Double-check your closet (both inside and on top of the closet), dresser drawers, and desk drawers to make sure you have packed up all your belongings.
- Take out all garbage to the dumpster adjacent to your residence hall.
- Lock all windows and close all curtains and blinds.
- Unplug every electrical unit in your room/apartment except for refrigerators, cable boxes, modems, and aquariums. *Please make sure that all refrigerators, cable boxes, and modems are left plugged in!

- Clean the inside of your refrigerator and the inside of your microwave.
- If you wish to report a maintenance issue, please complete the [online maintenance request form](#).
- **Check out with a Residence Life staff member, return your key, and complete the room condition check-out process with the Residence Life staff member.**

Meal Plans:

Students can **upgrade their meal plan** for the spring semester (if eligible based on their room assignment) starting at 10:00 AM on Monday, December 1st until 11:59 PM on Friday, February 6th, 2026. **After February 6th, all meal plans are final for the semester.**

You can change your meal plan online through your MyHousing by selecting the *Meal Plan* tab and choosing any of the available options for your spring assignment in the Spring 2026 term.

A Note About Packages During the Break:

Please note that all packages delivered during the break will be held in the Office of Residence Life (Schwartz Hall Room 105) until the week of January 19th. If you need to receive items during the break, please ensure that you update your delivery address to your break address/location. We also recommend pausing or delaying deliveries and updating any subscriptions, if applicable, until after the break, if possible.

If you need to retrieve a package from the office during the break, you must email us at reslife@southernct.edu in advance to set up a pickup time. Access will be limited.

If you have any questions regarding winter break closing, please do not hesitate to contact your Resident Advisor, Residence Hall Director, or the Office of Residence Life at (203) 392-5870 or send us an email at reslife@southernct.edu. We are open Mondays through Fridays from 8:30 AM to 4:30 PM.

Sincerely,

The Office of Residence Life



Students receive an email every Monday detailing the week's events:

Happy last week of classes, Owl scholars! If you are a first-year student, you made it! Just a few more papers, projects, assignments and exams and you have completed your first semester of college. Good luck to all this week! Finish strong!

Ongoing

11:00am-4:30pm

Graphic Design Fall Senior Exhibition

Buley Art Gallery - Ground Floor

The Fall 2025 Senior Graphic Design Exhibition features final projects from graduating students, highlighting their talent in branding, motion, interactive design, and visual communication. Join us to experience a showcase of creative vision and professional-level design work from the next generation of designers.

Monday, December 1st

5:00pm-6:30pm

WISE Holiday Party

Jennings 111

Join WISE Club for an end of the semester holiday party! Come make a gingerbread house with us while enjoying treats & beverages

Hosted by: Women in STEM Excellence

6:30pm-8:30pm

Bailando Merengue

Multicultural Center

Step onto the dance floor with Latino America Unida, Lambda Alpha Upsilon Fraternity, Inc., and OLAS for Bailando Merengue, a night filled with energy, culture, and community! Whether you've never danced before or you've been spinning since day one, this is your chance to move, connect, and have fun. Come ready to celebrate rhythm, culture, and unity as we bring the campus together one step at a time.

Hosted by: Latino America Unida, Lambda Alpha Upsilon Fraternity Inc.

6:30pm-8:30pm

Study With Your SISTAS

ASC 201

Join SISTAS and Teach for America for a group study session before finals. Additionally, learn about the programs TFA offers to college students including fellowships, post-graduate opportunities, etc.

Hosted by: Sisters in School Together Achieving Success

7:00pm-9:00pm

Mario Kart Tournament

Esports Lounge - ASC 2nd floor

An event hosted by Esports club to find out who is the best racer in Mario kart world!

Hosted by: Southern Connecticut Esports

7:30pm-9:30pm

Winter Karaoke Night

Kendall Drama Lab (Lyman Center)

Join the Crescent Players for a winter karaoke event.

Hosted by: Crescent Players

8:00pm-10:00pm

Monday Night Football Watch Party

Pelz Gym 009

Join the Physical Education Club for an exciting Monday Night Football Watch Party as the **New England Patriots take on the New York Giants!**

Come hang out with friends, enjoy some snacks, and cheer on your favorite team as we watch the big game together. Whether you're a die-hard fan or just there for the fun, it's the perfect way to kick off the week—football style!

Hosted by: Physical Education Club

8:00pm-9:45pm

Let's Make A Deal: Holiday Edition

ASC Ballroom

You've seen the gameshow. You've attended Let's Make a Deal on-campus. However, you have never seen LMAD like this! We are getting in the holiday spirit and we will be giving away amazing gifts to some very lucky and quick-thinking students. Come with your Hoot Loot and a charged phone because we will be putting you to the test for a chance to win big. We can assure you that you will not want to miss our last signature event of the semester.

Hosted by: Office of Student Involvement and Leadership Development

Tuesday, December 2nd

10:00am-2:00pm

Boost Your Health: Vaccine Clinic

Morrill Hall Breezeway

SCSU Health Services has partnered with CVS to bring a convenient vaccine clinic to campus, offering Flu, COVID, Meningitis ACYW-135, HPV vaccines,

and MORE! No appointment necessary—walk-ins welcome! Just be sure to bring your insurance card with you.

Students, faculty, and staff are all welcome!

Questions? Contact healthservices@southernct.edu

Hosted by: Health Services

11:30am-1:30pm

The Great Gingerbread Build Off

ASC 201

Get ready to unleash your holiday creativity at The Great Gingerbread Build Off! Drop in for a cozy and joy-filled afternoon where you can design your very own gingerbread house—go all out for a chance to win prizes in our friendly competition, craft one just for fun, or snap the perfect Instagram-worthy shot of the creations others have designed! But the fun doesn't stop there! Take and decorate your own mini-Christmas Tree, write out your holiday cards, or just grab a quick snack with your friends. While you create, warm up with our build-your-own hot chocolate bar and fuel your imagination at the winter trail mix station. Whether you're competing or simply crafting in the holiday spirit, this event is the perfect way to kick off the winter season.

Hosted by: Division of Diversity, Equity, and Inclusion, Multicultural Center, Office of International Education

12:00pm - 1:00pm & 8:00pm - 9:00pm

Master of Athletic Training Virtual Open House (two sessions)

Virtual - [RSVP here](#)

Faculty from Southern's Master of Athletic Training Degree Program will host two sessions of a virtual open house for interested people to learn more about the program, application process, prerequisites and other pertinent information. Sponsored by: Master of Athletic Training Degree Program

2:00pm-3:00pm

Commuter Christmas

ASC 217

Join us in spreading holiday joy this season! Take a break from your busy day to help us write heartfelt letters for patients spending the holidays in the hospital. We'll have cozy hot cocoa, sweet cookies, and candy canes to keep your spirits bright as we share kindness and cheer.

Let's make this season a little warmer one letter at a time!

Hosted by: Commuter Services

6:30pm-8:30pm

Super Smash Bros Tournament

Esports Lounge - ASC 2nd floor

A Smash Bros ultimate tournament on the switch 2, in the Esports lounge to see who is the best Player in Smash Bros Ultimate!

Hosted by: Southern Connecticut Esports

7:00pm-10:00pm

Celebrity Wannabe

ASC Theater

It's your time to shine! Celebrity Wannabe is the show everyone will be talking about. Watch students hit the stage dressed as their favorite celebs and lip-sync their way to the top. The audience picks the winners, and the top act takes home a grand prize. Free shirts for performers. Solo and group acts welcome (max 8 per group). Even if you're not performing, come out, vibe with the crowd, and help choose the winners.

Hosted by: Residence Hall Association

7:00pm-9:00pm

Music Club Concert

ENC112 - Garner Recital Hall

Come enjoy live music with the members of Music Club! We'll be hosting a showcase of original music and covers from various genres featuring a special guest! Bring your friends for a night of music (and light refreshments).

Hosted by: Music Club

Wednesday, December 3rd

11:00am-2:00pm

ProCon & Commuter Services Holiday Bash!

ASC Ballroom

Join Programs Council and Commuter Services for what is sure to be one of the best events of the semester! We will have holiday-themed carnival games, giant inflatable sleighs, custom ball ornaments, chances to win prizes and a mac and cheese bar with so many toppings! Vibe to some holiday music, make a greeting card for a family member or friend or do some holiday crafts. There

is quite literally something happening for everyone. See you there!

Hosted by: Programs Council and Commuter Services

1:00pm-2:00pm

Junior Finals Grab and Go

ASC 308

Free snacks and drinks for students to enjoy before finals week!

Hosted by: Class of 2027

2:00pm-3:00pm

La Fe Bible Study

ASC 227

Join us every week for our Latino Christian Bible Study!

This semester, we're diving deep into the Gospel of Jesus! Whether you're new to the Bible or have been studying for years, this is a warm, supportive space for Latinos on campus to connect, grow in faith, and build community. Everyone is welcome!

Hosted by: InterVarsity Christian Fellowship

3:00pm

Freshman Bible Study

ASC 303

Connect with other freshmen to learn about Jesus's teachings, discuss His Word, & build community as you navigate being a first-time college student.

Hosted by: InterVarsity Christian Fellowship

3:00pm-4:30pm

Mindfulness and Mocktails

ASC 201

Join the SCSU Wellbeing Center for Mindfulness & Mocktails, a relaxing paint-and-sip-style event where creativity meets calm. Unwind, sip a refreshing mocktail, and learn simple mindfulness practices to refresh your mind.

Hosted by: Wellbeing Center

5:00pm - 6:30pm

Reception for Graphic Design Fall Senior Exhibition

Buley Art Gallery - Ground Floor

Celebrate our graduating designers at the reception for the Fall 2025 Senior

Graphic Design Exhibition. Meet the students, view their work, and enjoy an evening honoring their creative achievements.

Sponsored Design Department

5:30pm-7:30pm

Women's Basketball vs Franklin Pierce University

Moore Fieldhouse

Come cheer on the Owls as they take on Franklin Pierce!

Sponsored by: SCSU Athletics and Recreation

6:30pm

Large Group Bible Study

ASC 303

Looking for a place to study the Bible and meet new friends? This large group Bible study is all about diving into Scripture while building meaningful relationships in a Christ-centered community. This is a space to build lasting friendships, share meaningful conversations, and encourage one another in our walk with Christ. Along the way, we'll enjoy sweet fellowship—sometimes with treats and food—and on special nights, we gather for worship to lift our voices in praise. Whether you're new to the Bible or have been studying for years, you'll find a warm, welcoming environment to learn, grow, and belong.

Hosted by: InterVarsity Christian Fellowship

7:30pm-9:30pm

Men's Basketball vs Franklin Pierce University

Moore Fieldhouse

Come cheer on the Owls as they take on Franklin Pierce!

Sponsored by: SCSU Athletics and Recreation

Thursday, December 4th

9:00am-10:00am

Commuter Breakfast

Jennings Lounge

Come find our CAs around campus to get a free breakfast sandwich! You can always find where we are on our instagram story: [scsucommuterservices](#).

Hosted by: Commuter Services

10:00am-2:00pm

Express Get Yourself Tested (GYT)

Granoff Hall - Student Health Services

Come down to Student Health Services to get **FREE** STD testing. Available to all students, appointments are recommended and can be made by calling us at 203-392-6300 or by visiting StudenthealthEHR.southernct.edu. Walk-ins are also available. We are located across the street from the Wintergreen building. Sponsored by: Student Health Services

12:00pm-1:00pm

PB&J Thursday

Engleman Hall B121

Head to the breezeway outside Engleman B121 for ProCon's PB&J Thursday! We are your lunch providers every Thursday as we provide snacks, drinks, and most importantly, PB&J sandwiches!

Hosted by: Programs Council

12:45pm-1:45pm

Mindful Meditation Series

ASC 204 Fitness Center

Join APRN Nurse Linda from Health Services, for her mindfulness meditation series and take an hour to decompress and reconnect ♀ Embrace the power of stillness and find your calm.

Sponsored Fitness

2:30pm-3:30pm

Cocoa and Vision Boards

END055A

Get ready for the new year by crafting vision boards while sipping on some hot chocolate! Also, spread the cheer by bringing in canned goods for donations!

Hosted by: Psi Chi – International Honor Society for Psychology Majors, Psychology Club

4:00pm-7:00pm

Men's and Women's Swimming and Diving vs Yale University

Moore Fieldhouse

Come cheer on the Owls as they compete in a home meet against Yale!

Hosted by: SCSU Athletics and Recreation

5:00pm

Warm Up For Finals

Buley 438

Study for finals with hot cocoa, toppings, and Roberta's Cookies! Plus craft memorable holiday decor.

Hosted by: Orientation, Transition and Family Engagement

7:30pm

University Band (Holiday Concert)

ENC112

Immerse yourself in a captivating and energetic performance from the SCSU University Band! The University Band presents a program of seasonal and holiday favorites—come get in the festive mood with us!

Hosted by: Music Department

8:00pm-9:00pm

Glowing Water & Starlit Skies

The Remembrance Garden

Join us for a bioluminescence-themed picnic under the stars! Come hang out, watch the stars, and get to see real-life bioluminescence! The Biology Club has recently acquired live dinoflagellates, the very same that light up tropical beaches a vibrant blue! Here, you'll get to see them in action, as they bioluminesce in response to movement! We will also have music, glow-in-the-dark painting, free stickers & glow sticks, snacks and more! The event will be held by the Remembrance Garden, directly behind Jennings Hall, and we will mostly sit on the hill by the pond (so definitely recommend bring a blanket!). Please remember to dress warm, as it's a December night!

Hosted by: Biology Club

Friday, December 5th

10:00am-2:00pm

Freedom Fridays

Granoff Hall - Health Services

Every first Friday of the month students can come by to Health Services to get FREE Quit Vaping/ Smoking Cessation Medication. Appointments are preferred but walk ins are welcome. Do you have a friend who vapes or smokes? Come

visit our quit bar during this time to get gum, candy, and cessation information you can share. For more information email healthservices@southernct.edu.

Sponsored by: Health Services

2:00pm-4:00pm

Folio December Open Mic

ASC Fireplace Lounge

Join us for a frosty afternoon of poetry, prose, and music at our last open mic of the semester! Hot chocolate will be provided. Wear your coziest pajamas!

Hosted by: FOLIO

2:00pm - 4:00pm

Biology Department Symposium

Engleman Hall - Room B121

Students will present their findings via poster and research presentations in a session open to all Southern students and faculty.

Sponsored by: Biology Department

Saturday, December 6th – Sunday, December 7th

Study Days! Good luck preparing for finals!

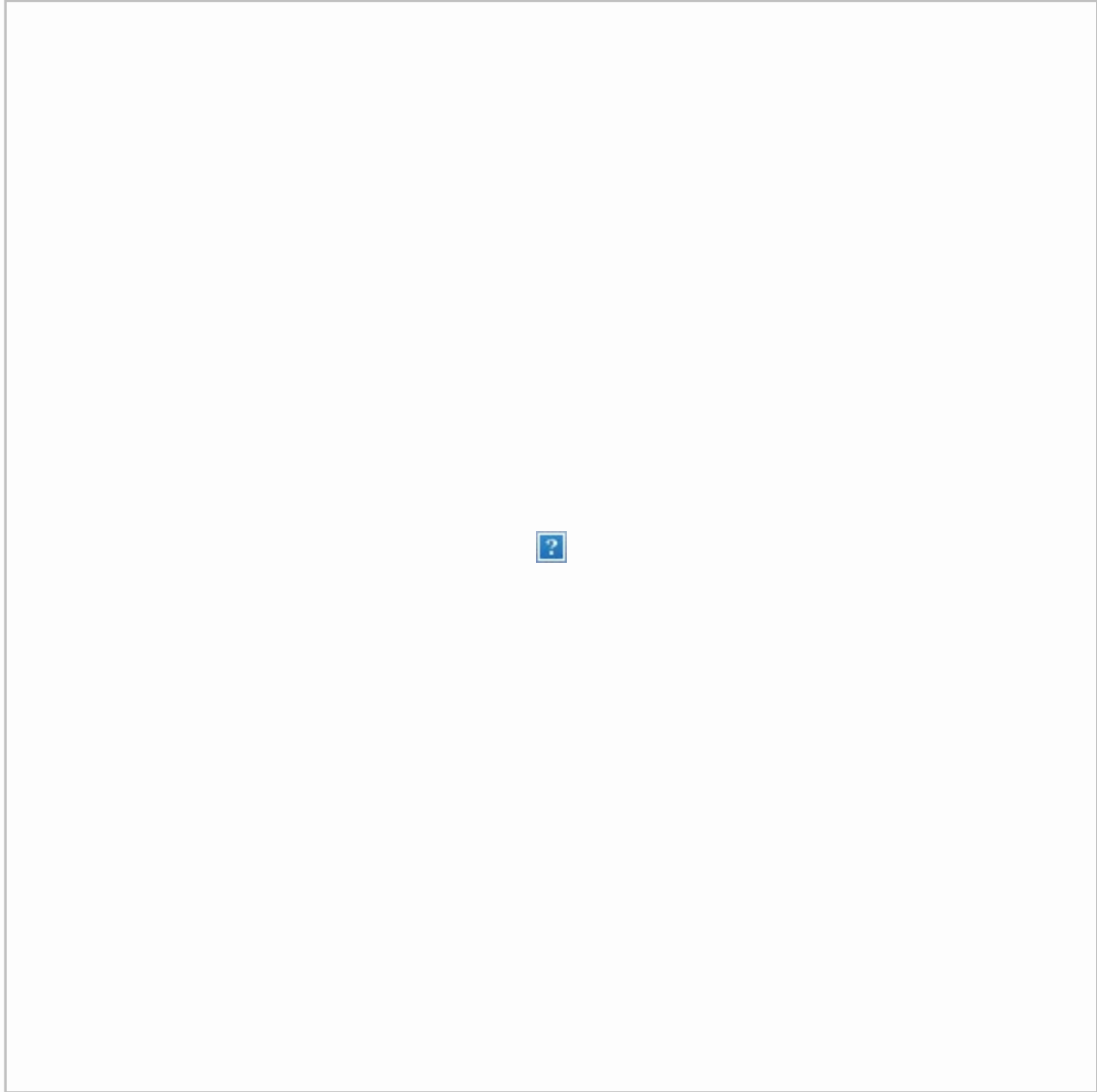


Helpful Links- these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

Resources- these is another general page filled with links that may be helpful!

Residence Life- with so many questions regarding residence life, this may be a great place to find information!

Advising- information regarding academic advising.



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