

## **Rizza, Salvatore A.**

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**From:** Rizza, Salvatore A.  
**Sent:** Wednesday, September 9, 2020 9:10 AM  
**To:** families@lists.southernct.edu  
**Subject:** Parent/Family Update: : September 9th

Dear Parents and Families,

Happy Week Two!

This week is Success Week where we focus on providing information regarding strategies and resources that support student success. One of the keys to being successful is for students to learn how to connect with their support systems and resources. Please encourage them to connect with their professors, student mentors and faculty and staff. We often advise students to access the amazing services provided by the Academic Success Center early and often. Meeting with a writing specialist/tutor to work on an initial draft of an essay, learning from a math tutor to help clarify concepts or attending a session with a Peer Academic Leader are just a few ways that have statistically proven to help students achieve their goals.

In this communication you will find information regarding:

1. Resources
2. This Week at Southern- Success Week!
3. Camus COVID Update including
4. Update from Health Services/Wellness including Flu Shot information
5. Welcome from CSCU President Mark Ojakain

Sincerely,

Sal

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### **Resources**

We would also like to provide a number of links which have really good information that answers many of the questions you may have.

Helpful Links- <https://inside.southernct.edu/parent-family/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- <https://inside.southernct.edu/inside-southern>, these is another general page filled with links that may be helpful!

Fall 2020 Reopening- <https://inside.southernct.edu/reopening>, this provides information on the reopening of campus for the fall semester.

Residence Life- <https://inside.southernct.edu/residence-life>, with so many questions regarding residence life, this may be a great place to find information!

Advising- <https://inside.southernct.edu/advising>, information regarding academic advising.

Sincerely,

Sal Rizza  
Southern Connecticut State University  
Director of Orientation, Transition & Family Engagement  
Phone: (203) 392-5189  
NODA Region IX Regional Coordinator

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### **This week is Success Week!**

Hosted by the Academic Success Center, Orientation, Transition and Family Engagement and First Year Experience

During Success Week, students will have the opportunity to learn about campus resources, interact with student success coaches, win prizes and most importantly set themselves on a path to success.

### **Ongoing Events**

#### **#SouthernSuccessStory (Success Week Event)**

Social Media Event

Instagram

Share a personal success story, and be entered to win a large prize! Be sure to use #SouthernSuccessStory.

#### **SCSU Students on FYRE (Success Week Event)**

Social Media Event

Instagram

Post a photo of any burning questions about the world that matter to you using #SCSUonFYRE and tag @SCSU\_FYE for a chance to win a FYRE tee!

#### **PALs Contest (Success Week Event)**

Hybrid Event

Academic Success Center

Attend the most PALs sessions this week & win a prize! (Sessions on campus & virtual).

**Tuesday, September 8th**

All Day

**24 Hour Tips & Tricks (Success Week Event)**

Social Media Event

Tune into @scsuorientation, @scsu\_academicssuccess, and @scsu\_fye on IG every hour on the hour starting at 8:00am for 24 hours of academic success tips

11:00am-12:00pm

**One Love: Respect the Rules**

Social Media Event

Instagram: @SouthernSCSU

Join Rachel and Sabrina from the Violence Prevention, Victim Advocacy and Support (VPAS) Center for a livestream conversation about Respect! Follow @SouthernSCSU on instagram to tune in!

11:30am-12:30pm

**Ice Cream Social**

On-Ground Event

Academic Quad

Drop by and grab an ice cream of your choice from ProCon!

1:00pm-2:30pm

**Snack Time**

On-Ground Event

Engleman Rotunda

Come join Commuter Services and grab a quick snack on your way to class!

3:00pm-4:00pm

**Setting Yourself Up For Success! (Success Week Event)**

Virtual Event

Join the ASC coaches for tips on how to set yourself up for success in our virtual environment. Reserve your spot & receive access link on SSC Navigate.

7:20pm-9:45pm

**Project Dove: Special Edition**

On-Ground Event

ASC 306

Come and create Vision Boards and learn about college survival with the ladies of Zeta Phi Beta Sorority, Inc.

7:30pm

**Care About the Cosmos (Delta Phi Epsilon Recruitment Event)**

Virtual Event

Contact @dphie\_scsu for link

Learn about our value of justice and what it means to us.

8:00pm-9:30pm

**Philanthropy Night (Alpha Phi Delta Fraternity Recruitment Event)**

Virtual Event

Access Event [HERE](#)

Come meet the brothers of Alpha Phi Delta virtually and learn about what we do to promote the welfare of others by supporting the Wounded Warrior Project. See what brotherhood is all about!

8:00pm

**Drive-In Movie: Fantasy Island**

On-Ground Event

Lot 9

Bring your car or grab a chair and enjoy a movie in lot 9 with ProCon. Pre-packaged snacks will be served as well!

## **Wednesday, September 9th**

All Day

### **#SCSUGiveawayWednesday (Success Week Event)**

Social Media Event

Instagram: @scsu\_academicsuccess

What is your definition of success? Share with us on IG & be sure to tag #SCSUGIVEAWAYWEDNESDAY for the chance to win a prize!

8:30am-12:00pm

### **Good Morning, Commuters!**

On\_Ground Event

ASC 217 - Resource Room

Good Morning, Commuters! Stop by ASC 217 for a free hot breakfast before you take on your day! Mingle with other commuter students and learn about different departments on campus.

12:00pm-3:00pm

### **Covering Your Virtual Ground (Success Week Event)**

Virtual Event

Airmeet: Access Event [HERE](#)

Drop in to one of our virtual tables & talk with staff about taking control of your semester! (Syllabi comprehension, Getting organized, Blackboard 101, WebEx help, make an appointment with the ASC, etc.)

1:00pm-2:00pm

### **The Academic Success Center Goes Live! (Success Week Event)**

Social Media Event

Instagram: @scsu\_academicsuccess

Join the Director of the Academic Success Center on Instagram & get to know how to best utilize ASC services.

1:00pm-1:30pm

### **Wellness Wednesday: Sexual Health During COVID**

Social Media Event

Instagram: @SCSUWellness

Join us twice a month for Wellness Wednesday on Instagram Live: @SCSUwellness  
A new week means a new topic! We'll provide fun facts, tips and tricks, guest speakers, and resources. You don't want to miss out!

12:15pm-1:45pm

### **CRU Bible Study**

Virtual Event

Access Event [HERE](#)

Join our weekly Bible student every Wednesday from 12:15pm-1:45pm.

3:00pm-4:00pm

## **Ask Daphney and Char**

Virtual Event

Access Event [HERE](#)

This is an opportunity for student organization leaders to join Daphney Alston and Charlene Cammarasana to answer questions related to managing clubs.

6:00pm

## **Virtual Trivia Night**

Virtual Event

Access Event [HERE](#)

Come join Commuter Services in a fun night of trivia, prizes, knowledge, and friends, oh my!

8:00pm

## **Eclipse of Excellence (Delta Phi Epsilon Recruitment Event)**

Virtual Event

Contact @dphie\_scsu for link

Learn what our letters mean to us.

## **Thursday, September 10th**

10:00am-11:00am

### **Setting Yourself Up For Success! (Success Week Event)**

On-Ground Event

Buley 312

Join the ASC coaches for tips on how to set yourself up for success in our virtual environment.

Reserve your spot & receive access link on SSC Navigate.

10:00am-3:00pm

### **Table Talk Thursday (Success Week Event)**

On-Ground Event

Buley Patio

Visit our tables for more information about the Southern Success Center and how to best navigate our resources!

10:00am-1:00pm

### **Virtual Table Talk Thursday (Success Week Event)**

Virtual Event

Airmeet: Access Event [HERE](#)

Visit our virtual tables for more information about the Southern Success Center and how to best navigate our resources!

11:00am- 11:45am

### **Mental Health at Home**

Virtual Event

Access Event [HERE](#)

Join us to learn about how COVID-19 is affecting the LGBTQ+ community and how we can all deal with the added stress of this semester.

12:00pm-1:00pm

### **PB&J Thursday**

On-Ground Event

Academic Quad

Stop by for a to-go sandwich, some snacks and drinks on your way to class and get to know ProCon!

6:00pm-7:00pm

**Commuter KaHoot**

Virtual Event

Access Event [HERE](#)

Join Peer Mentors to learn tips and tricks specific to commuter students on WebEx!

7:00pm-8:00pm

**Digital Caricatures**

Virtual Event

Link will be posted on OwlConnect Event Page

Join the Office of Student Involvement and Leadership Development for a night of fun and digital caricatures from FUN Entertainment.

8:00pm

**Making A Difference in the Milky Way (Delta Phi Epsilon Recruitment Event)**

Virtual Event

Contact @dphie\_scsu for link

Learn about our philanthropies and get to know the sisters.

**Friday, September 11th**

12:00pm-2:00pm

**Virtual Resource Fair (Success Week Event)**

Virtual Event

Airmeet: Access Event [HERE](#)

Come get to know a variety of offices that will be instrumental to your journey to success at Southern.

1:00pm-2:00pm

**ASC Kahoot (Success Week Event)**

Virtual Event

WebEx: Access Event [HERE](#)

Test your knowledge on the Academic Success Center. Winners will win a prize!

7:00pm-8:00pm

**Hybrid Shabbat**

Hybrid Event

On-Ground: Reflection Garden

Access Event [HERE](#)

Join Rabbi Barbara and the Hillel E-Board for weekly Shabbat! We'll have an in-person and online option: join us in person at the Remembrance Garden behind Engleman (weather permitting) or on Microsoft Teams. Both are welcome! We'll have a computer set up at the garden for members to call in. Learn some prayers, talk about Torah, and make some friends!

**Saturday, September 12th**

11:45am-12:45pm

## Shake Shack On The House!

On-Ground Event

Residence Life Quad

Find a ProCon Programmer in the Residence Life Quad and grab a voucher for a free Shake Shack burger. Get to know one of the best burger spots in New Haven.

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### COVID-19 DASHBOARD

Starting today, the Southern Connecticut State University [COVID-19 Dashboard](#) will be featured on the [Reopening 2020 website](#), providing cumulative and weekly data related to the prevalence of COVID-19 within our campus community.

The dashboard will be updated on Monday of each week and will reflect the previous week's data. For questions about reporting, please email the [SCSU COVID-19 Coordinator](#).



### CANDID CONVERSATIONS ABOUT COVID

If your class, department, staff, team or office has questions about COVID-19, university policies, scenarios around testing, tracing, quarantine or isolation, a member of Southern's COVID-19 Response Team will be happy to lead an on-site or virtual *COVID Conversation*.

This brief educational and interactive presentation (approximately 15 minutes) has been designed to address key points and concerns, and provide an opportunity for community members to ask any questions they may have.

Contact Emily Rosenthal at [RosenthalE2@southernct.edu](mailto:RosenthalE2@southernct.edu) if you are interested.



## FOR MORE INFORMATION

If you have questions about any of these items, or other aspects of the University's reopening plans, you may submit them [here](#) or visit Southern's [Reopening 2020](#) website.

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### *Regarding the SCSU Fitness Center*

#### **The Fitness Center is NOW OPEN for workouts!!**

For the first time memberships are FREE for all students, faculty, and staff! To ensure social distancing, we are requiring reservations for every workout, and you may only reserve one workout zone at a time. We are using an app called Atleto for capturing waivers, booking reservations, and for booking your spot in future virtual and on-ground activities and fitness classes (coming soon!)

#### **Activate Your FREE Membership**

1. Download the ATLETO app. ( [iOS](#), [Android](#) )
2. Register with your Southern email and password.
3. Sign the waivers.
4. Book a reservation during hours of operation (*and soon you will book a spot in our Activities!*)

#### **Hours of Operation**

- Monday to Thursday - 9am to 7pm
- Friday – 9am to 6pm
- Saturday - Closed
- Sunday – Closed
- Holidays- Closed

#### **Arriving for Your Workout:**

- **Please wait outside 6-feet apart until ~3 minutes prior to your reserved workout time.**
- Bring your hoot loot card to swipe in (*just one person at the desk at a time*)
- Wear a mask (**cover your nose and mouth, no gaiters or bandanas**) for the duration of your workout
- Bring your own mat for use fitness squares only.
- Head to your reserved space for the duration of your workout (*you cannot move between zones*)
- Clean your equipment before and after use (*wipes are easiest, but we have spray bottles to spray paper towels, too*)



- Reservations end at 50 minutes past the hour, so please exit by that time so we can prepare for the next group of exercisers.

A complete list of FAQs is attached, and will be updated on our Owl Connect page as we learn/add more!

### **Workout Zones:**

*A great display of our zones is available in our stories [@scsu\\_recfit](#) on Instagram!*

- Espresso Bike (Virtual ride/video game bike=1)
- Cardio Zone (mix of treadmills & eilipticals=5)
- Fitness Square (mini barbell with weight plates, dumbbells, and a bike or stair stepper- please bring your own mat=3)
- Weight Circuit (Selectorized equipment circuit=3)

Our staff is EXCITED to welcome you back to a place where you can get fit, feel better, and see a friendly face on campus!

## **SCSU Recreation & Fitness**

[fitness@southernct.edu](mailto:fitness@southernct.edu) or [Campusrec@southernct.edu](mailto:Campusrec@southernct.edu)

203-392-8971 (Fitness Center Main)

SCSU Fitness Center, 2<sup>nd</sup> Floor, Adanti Student Center

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Announcing the Fall 2020 On-Campus Flu Vaccine Clinics, open to all SCSU Community members.

Friday, September 18<sup>th</sup> from 10am-3pm, outside Jennings Hall.

Wednesday, October 7<sup>th</sup> from 11am-3pm, on the Buley Patio.

Wednesday, October 28<sup>th</sup> from 11am-3pm, on the Buley Patio.

Please bring your insurance and prescription card. Most insurance accepted. Any questions, please call the Wellness Center at 203-392-6526



**FRIDAY, SEPTEMBER 18TH**  
OUTSIDE JENNINGS: 10 A.M. - 3 P.M.

**WEDNESDAY, OCTOBER 7TH**  
BULEY PATIO: 11 A.M. - 3 P.M.

**WEDNESDAY, OCTOBER 28TH**  
BULEY PATIO: 11 A.M. - 3 P.M.

**PLEASE BRING YOUR INSURANCE  
AND PRESCRIPTION CARD**  
\*MOST INSURANCE ACCEPTED\*



FOR MORE INFORMATION  
CALL THE WELLNESS CENTER:  
203-392-6526





# NEWS FLUSH



~ Back to School ~  
#SOUTHERNSTRONG

## The 411 of COVID-19 precautions on campus

**Health Services is here to help you maintain your health!**

We are available for telehealth appointments to be evaluated and schedule an in person visit if needed.

To make an appointment, call us at 203-392-6300.

- ♦ COVID-19 can be spread from person to person even if the infected individual is not having any symptoms.
- ♦ Randomized testing for COVID 19 from Griffin Hospital will take place on Mondays and Thursdays from 1-5pm in Moore field house. No appointments needed.
- ♦ If you believe you have been exposed to COVID 19 or are experiencing any symptoms, please go home or back to your residence hall room and separate yourself from others. Call health services at 203-392-6300 for a Telehealth appointment. More details to follow on testing students with active COVID 19 symptoms.
- ♦ Everyone should always wash their hands, avoid close contact, cover your mouth and nose with a cloth face cover or mask when around others. Cover coughs/sneezes, as well as clean and disinfect your areas.

\*\*For Information regarding the latest updates on COVID-19 visit <https://www.cdc.gov/coronavirus/2019-nCoV/index.html>\*\*

## National Alcohol and Drug Addiction Recovery Month

### SCSU Collegiate Recovery Community

The CRC is a supportive and safe environment within a campus culture that provides resources and opportunities for students in all pathways to recovery.

### Contact:

Sarah Keiser, M.S., LADC

Email: [keisers3@southernct.edu](mailto:keisers3@southernct.edu)



### What is a Substance Use Disorder?

It is a disease that affects a person's brain and behavior and leads to an inability to control the use of a legal or illegal drug or medication.

Substances such as alcohol, marijuana and nicotine also are considered drugs.

### Generally Characterized by:

- Tolerance
- Withdrawal
- Physical Cravings
- Emotional Obsession

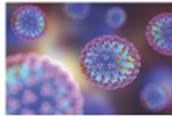
SAMHSA National Helpline  
1-800-662-4357

### SCSU Facts

87% of SCSU first-year students think frequent marijuana use is NOT okay.

Half of SCSU first-year students drink alcohol less than 6 times a year.

42% \* 99% In the past year, 42% of SCSU students believed their peers had used opiates, yet 99% of students did not.



### Flu Vaccine Clinic

9/18/20 10am-3pm  
Outside Jennings

10/7/20 11am-3pm  
Buley Patio

10/28/20 11am-3pm  
Buley Patio

The first and most important step in preventing flu is to get a flu vaccine each year.

Get your flu shot today.

Welcome from CSCU President Mark Ojakian

Dear CSCU Community:

As the first full week of the semester comes into full swing, please take a moment to watch President Ojakian's [welcome back message](#), which was recorded and produced by Middlesex Community College's Center for New Media.



- [Watch President Ojakian's welcome back message \(YouTube\)](#)

As President Ojakian mentions, it is up to all of us to make sure our campuses can successfully mitigate the spread of Covid-19 and remain open throughout the semester. Please continue to follow all safety rules and regulations, including

wearing a mask whenever you are in a public space, maintaining an appropriate physical distance from others, washing your hands whenever possible, and staying away from large gatherings or parties.

Thank you and welcome back!