

From: [Families](#) on behalf of [Rizza, Salvatore A.](#)
To: families@lists.southernct.edu
Subject: [Families] Parent/Family Update: : March 16th, 2021
Date: Tuesday, March 16, 2021 1:24:13 PM
Attachments: [image002.png](#)
[ATT00001.txt](#)

Dear Parents and Families,

We hope this email finds you well!

Below is the content included in this email:

1. Message from Orientation, Transition & Family Engagement
2. Class of '21 Commencement Information
3. This Week at Southern
4. Resources

Message from Orientation, Transition & Family Engagement

We are now at the mid-point of the semester! Traditionally, our students would be on break at this time. As with so much in the past year, we have changed and made modifications to adapt to the challenges we've faced as a result of the pandemic. One of the concerns this change raises is how our students will be continuing throughout this long semester without a reprieve from the rigors of their academic studies. We know our students have proven to be resilient and will find success and while they do so, they may need additional support and encouragement. Some of the ways we can help is through the services we provide.

Below are three services that we are highlighting this week:

1. Counseling Services- <https://inside.southernct.edu/counseling> We have wonderful counseling services that "provides a range of free and confidential brief, goal-directed, mental health treatment services to students, as well as a variety of training, outreach, and consultation programs focused on promoting public health, preventative care, and holistic well-being for the broader campus community."
2. Academic Success Center- <https://inside.southernct.edu/academic-success-center> - With a host of services including tutoring, writing, and academic coaching support the Academic Success Center staff is available to help students achieve their academic goals.
3. Career and Professional Development- <https://inside.southernct.edu/careers> - As students continue on their path, this office can help a student "define and enact (their) vision of career success."

Lastly, be sure to encourage your students to participate in the academic advising process as course registration for the Fall 2021 will begin next month!

We thank you and as always, we are here to help!

Sincerely,

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

Class of '21 Commencement Information

Below is a summary of information sent to the Class of '21 regarding combined undergraduate/graduate commencement ceremonies to be held on campus May 18-19.

Southern will be holding in-person commencement ceremonies this May, outdoors, on campus.

Each student will be able to have two guests in attendance and the ceremonies will be livestreamed so that other family members and friends may view the events virtually.

Due to social distancing requirements, there will be five individual ceremonies by college/school. Each will be combined events for

undergraduates and graduates, held at Jess Dow Field (the football field behind Moore Fieldhouse and the Wintergreen Building) as per the following schedule:

Tuesday, May 18, 10 a.m. – College of Arts & Sciences (for students in the STEM disciplines, Psychology, General Studies and Interdisciplinary Studies).

Tuesday, May 18, 2 p.m. – College of Arts & Sciences (for students in the Liberal Arts).

Wednesday, May 19, 9 a.m. – College of Health and Human Services.

Wednesday, May 19, 12:30 p.m. – School of Business.

Wednesday, May 19, 4 p.m. – College of Education.

Thursday May 20 and Friday May 21 are being held as rain dates in case of severe weather.

Honors Convocation will not be held in 2021, but all senior students receiving honors will be recognized by name and award as they walk up to receive their diplomas.

Also, hooding will not be part of the graduate portion of the ceremony this year, but hoods will be available in advance so that all graduate students will be able to wear them when they walk up to receive their diplomas. In keeping with tradition, all doctoral candidates will have the titles of their dissertations read when they ascend the stage.

Due to health and safety protocols, it is very important that we know exact numbers of attendees at each event. In the coming weeks, all members of the 2021 graduating class will receive an email with a link to an RSVP form. Once they have registered to attend, they will be able to pick up their reader card and two tickets for their guests at a later date – **more information about all of this will be available soon, via email and at: <https://www.southernct.edu/commencement>**

The commencement website will feature an online Yearbook where graduates can submit their photo and comment about their favorite times at Southern. Memories may be added now, [here](#).

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Patrick Dilger

Director of Integrated Communications & Marketing



Ongoing

Monday-Thursday, 11:00am-4:00pm

Works on Paper from the Permanent Collection, 1493-1881

On-Ground - Buley Art Gallery

These significant works span the high Middle Ages to the Victorian Era, when the Industrial Revolution modernized the printing press. Highlights include prints after masterworks by Michelangelo, Albrecht Durer, Peter Paul Rubens, and Rosa Bonheur, as well as the exquisite “Massacre of the Innocence” by Michel Corneille the Elder.

What’s Your Logo

Access Event [HERE](#)

You are creating a logo for a business that you would want to create or would like to exist and the three best logos will win a prize. You have until March 31st to submit your logos. The completed logos will be sent to stementrepreneurshipclub@gmail.com. If you would like any resources that can help you create a logo, stop by the weekly meeting on Wednesday from 4-5 pm.

Event Sponsored by: STEM Entrepreneurship Club

Monday, March 15

11:30am

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

12:00pm-12:30pm

Drop-In Session

Accesso Event [HERE](#)

Interested in learning more about PEACE? Join us during our weekly drop-in sessions! Meet with one of our E-Board members to learn more about who we are and what we do, and ask any questions you might have.

Event Sponsored by: Peer Educators Advocating for Campus Empowerment

12:30pm-3:30pm

iChoose Table

On-Ground- Residence Life Quad

Join the VPAS Center staff in an interactive tabling activity where we will learn about domestic violence through an engaging trivia game and photo activity. The iChoose initiative is co-sponsored by the Connecticut Coalition Against Domestic Violence. Snacks and prizes will be provided.

Event Sponsored by: VPAS Center

1:00pm-2:00pm

What Do You Meme?

Access Event [HERE](#)

Come and join us for our body meeting. We will be playing "What Do You Meme" for the chance to win an Amazon gift card.

Event Sponsored by: Programs Council

1:00pm – 1:30pm

Ask Me Anything

Access Event [HERE](#)

Every Monday, Chrissy and Kiana from Counseling Services will be hosting Ask Me Anything on IG Live @scsu_counseling_services_. They will be posting a topic every week and all you have to do is DM them the question you have on that topic. They will then go on live every Monday and answer all questions.

Event Sponsored by: Counseling Programming and Outreach

1:00pm

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

8:00pm-9:00pm

Versus Battle Monday

Access Event [HERE](#)

Come join the BSU while we battle Western Connecticut State University! Battle of the music!

Event Sponsored by: Black Student Union

8:00pm-10:00pm

Among Us Night

Access Event [HERE](#)

I don't know man... red is kinda sus. Come play Among Us with Anime Society instead of awful online randoms!

Event Sponsored by: Anime Society

Tuesday, March 16

11:00am – 12:00pm

It's On Us: Bystander Intervention Series- What Will Your Impact Be?!

Access Event [HERE](#)

Join Sabrina and Rachel from the Violence Prevention, Victim Advocacy and Support Center as we kick off our series around being an active bystander!

Event Sponsored by: Violence Prevention, Victim Advocacy and Support Center

11:30am – 12:00pm

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

12:00pm-1:00pm

Finding an Inclusive Workplace: Part 3

Access Event [HERE](#)

Join the SAGE Center and the Office of Career and Professional Development for a 3-part series on finding an inclusive workplace! We will be streaming on the @southernscsu Instagram page at 12pm on March 2nd, 9th, and 16th. The second part will be about applying to inclusive companies.

Event Sponsored by: Violence Prevention, Victim Advocacy and Support Center and Career and Professional Development

12:30pm

Pie Day

On-Ground- ASC Room 217 Resource Room

Come stop by and grab a slice of Pie with ProCon! Enjoy a slice of pie from Lyman Orchards and hanging with friends to celebrate Pi(e) Day!

Event Sponsored by: Programs Council

1:00pm

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

1:00pm-2:00pm

Sit Down & Write, Virtually

Access Event [HERE](#)

Sit Down & Write is a "Facilitated Writing" session. The idea is that we can have a dedicated time, every week, devoted to writing...or any other quiet creative activity. By scheduling it, and having a group, we can motivate ourselves to actually Sit Down & Write. We're using the Pomodoro Technique, which consists of 25-minute working sessions and 5 minute breaks: a time-tested technique that helps many people focus and accomplish tasks.

Event Sponsored by: Buley Library

2:00pm-3:00pm

Guest Lecture: Dr. Stephen Axon on Sustainability Science

Access Event [HERE](#)

Dr. Stephen Axon is an Assistant Professor of Sustainability Science in the Department of the Environment, Geography and Marine Sciences at Southern Connecticut State University. His research and teaching focuses on the principles, policies, and practices of sustainability; informed by 'what works' approaches that are inclusive, equitable, and participatory.

Dr. Axon is also the previous advisor of GEMS Club! Join us for a discussion on sustainability science, Dr. Axon's current projects, and his suggestions for getting involved.

Event Sponsored by: GEMS Club

2:00pm-3:00pm

Stress Management Workshop

Access event [HERE](#)

Join NSNA and SCSU's Counseling Services for a discussion on stress and coping.

Event Sponsored by: National Student Nurses' Association

4:00pm-5:00pm

First-Year Fit

On-Ground- ASC Ballroom

CALLING ALL FIRST-YEAR STUDENTS!

First-Year Fit is an ON-CAMPUS six-week cohort program where students can participate in weekly group fitness challenges and exercises, goal setting, and hangouts with your fellow cohort peers. All of which are designed to get you feeling healthier and more energized! The best part? If you attend all six weeks, you'll get an EXCLUSIVE t-shirt!

Spots are limited so register using this link [ASAP!](#)

Event Sponsored by: Campus Recreation and Fitness & Orientation, Transition & Family Engagement

6:00pm-7:00pm

First-Year Fit

On-Ground- ASC Ballroom

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Event Sponsored by: Campus Recreation and Fitness & Orientation, Transition & Family Engagement

8:00pm-10:00pm

Tuesday Night Tourney's

On-Ground- Moore Field House

Every Tuesday night, we will be hosting one-off tournaments of a variety of different sports. These Tuesday night tournaments will be in person in the Moore Field House at 8:00 PM. Register on IMLeagues to get a spot on the roster. For more information check our Instagram page, @scsu_recfit.

Event Sponsored by: Campus Recreation and Fitness

8:00pm

Virtual BINGO

RSVP [HERE](#)

If you are bored in your room and looking for something to do, come join us at our Virtual Bingo Event! We will be hosting the event through teams on March 16th at 8:00pm. Bingo cards will be sent to those who RSVP on OwlConnect. RSVP Cut off will be 5:00pm on day of the event.

Event Sponsored by: Programs Council

Wednesday, March 17

12:00pm-3:00pm

iChoose Table

Join the VPAS Center and Multicultural Center staff in an interactive tabling activity where we will learn about domestic violence through an engaging trivia game and photo activity. The iChoose initiative is co-sponsored by the Connecticut Coalition Against Domestic Violence. Snacks and prizes will be provided.

Event Sponsored by: VPAS Center and Multicultural Center

12:00pm-12:30pm

College of Health and Human Services Alumni Professional Days

Register [HERE](#)

Join these four inspiring Southern alums who are pursuing their passions, working on interdisciplinary health teams, and making an impact in through their careers.

Event Sponsored by: College of Health and Human Services

1:00pm-2:00pm

St. Patrick's Day BINGO and Cookies!

On-Ground- EN C112

Access Event Virtually [HERE](#)

Join the Office of Student Involvement in an afternoon of BINGO and some sweet treats! Join us in-person or virtually!

Event Sponsored by: The Office of Student Involvement and Leadership Development

1:00pm – 1:30pm

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

1:00pm-2:00pm

St. Patrick's Day Inspired

Access Event [HERE](#)

Happy St. Patrick's Day! Wear some green and learn some new signs! We will be playing some fun games at this meeting.

Event Sponsored by: American Sign Language Club

2:00pm

TSA Talks: Dad Joke Contest

Access Event [HERE](#)

Do you think you have what it takes to make us laugh? Test to see if your humor is just so bad it's actually funny! When you attend a TSA talk you are entered into a raffle to win a **WEEKLY PRIZE!**

Event Sponsored by: Orientation, Transition and Family Engagement

4:00pm

Women's Lacrosse vs University of New Haven

Access Event [HERE](#)

Cheer on the Owls as they take on UNH! Please note that attendance at home games is not permitted at this time, so please use the link above.

Event Sponsored by: SCSU Athletics

6:30pm-7:30pm

How to be Successful

Access Event [HERE](#)

"How to Be Successful" is an event focused and geared toward helping students prosper throughout the semester. Although, we have had to adjust to this new style of learning, we still want the best for our fellow classmates. Therefore, whether students want to achieve their academic, personal, or work goals - we will be discussing methods to stay on top of school work, how to get good grades, how to study, and most importantly how to pass your classes.

Event Sponsored by: Sigma Gamma Rho Sorority, Incorporated

8:00pm-9:00pm

Kitchen Time! With Izzy and Justin

Access Event [HERE](#)

Join Crown Prince of the Leprechauns, Izzy Manzo, and Lucky Charms Enthusiast, Justin Gendron on Instagram Live as they celebrate St. Patrick's Day! To celebrate, they'll be making Shepard's Pie!

Event Sponsored by: College Democrats

8:00pm-10:00pm

Sports Anime

Access Event [HERE](#)

Are you good at sports? Yeah, neither are we. Want to watch some people who are? Well forget that and come watch animated superhumans spike a volleyball.

Event Sponsored by: Anime Society

8:00pm-9:00pm

Trivia!

Access Event [HERE](#)

Join the OSILD in our continuation of themed Trivia!!! Top 3 winners will win a prize!

Event Sponsored by: The Office of Student Involvement and Leadership Development

Thursday, March 18

9:00am-3:00pm

Photo Contest

Access Event [HERE](#)

Join in SAGE's photo contests every other Thursday, starting on Feb. 4th. Check out our IG posts (@scsusage) with the topic and details on how to enter for the chance to win an Amazon gift card!

Event Sponsored by: SAGE Center

1:00pm – 1:30pm

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

1:00pm-3:00pm

Take Back the Night- Promotional Table

On-Ground- Buley Patio

Take Back the Night: Owls Joining Together Against Sexual Violence!

Join us to learn more about Take Back the Night. You will have the chance to participate in an activity where you can create supportive messages for survivors that will be displayed at the event. You will also be able to write and submit your survivor story to be read at the main event on April 12th.

For more ways to get involved in Take Back the Night go [here](#).

Event Sponsored by: VPAS Center

3:00pm-4:00pm

THUR-YAY: Mental Health Check In

Access Event [HERE](#)

Back by popular demand, we will be having our annual Mental Health Check-Ins - where we will be having an interactive discussion about mental health during these challenging times with special guest Disability Resource Center & Counseling Services.

Event Sponsored by: University Access Program and COounseling Programming Outreach

4:30pm-5:30pm

SFTO Teacher Panel

Access Event [HERE](#)

Join us in welcoming back SFTO alumni. They will share their wisdom working in the teaching field. Bring questions!

Hello SCSU! We are Southern's Future Teachers Organization (SFTO). Whether you are an education major or simply have an interest in working with children, we would love to have you at our meetings. During our meetings, we partake in education related activities and support our members through the School of Education. Please join us on Thursdays from 4:30 to 5:30 on Teams.

Event Sponsored by: Student Future Teachers Organization

Friday, March 19

11:30AM – 12:00PM

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from

Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

12:00pm-2:00pm

Stuff an Animal with Procon

On-Ground- Farnham Programming Space

Register [HERE](#)

Stop by FPS to pick up a stuff your own animal kit and build a furry little friend. Be sure to sign up for a time slot.

Event Sponsored by: Programs Council

12:00pm-1:00pm

Fitness Friday

Access Event [HERE](#)

Each Friday join T.H.R.I. V.E. for workouts and fitness tips on Instagram! For more information check our Instagram page, [@scsu_recfit](#).

Event Sponsored by: Campus Recreation and Fitness

1:00pm – 1:30pm

Let's Talk

Access Event [HERE](#)

Let's Talk is a free and confidential drop-in service that provides access to informal consultations with counselors from Counseling Services. It is not necessary to schedule an appointment.

Event Sponsored by: Counseling Programming and Outreach

4:00pm

TSA Talk: Fitness Friday Meal Prep with Annie

Access Event [HERE](#)

We're all about getting healthy, saving money, and learning how to balance class, work, and other priorities! Join Annie and other transfer students as they talk about their favorite meal prep recipes and tips they use for getting prepared for a busy day!

4:00pm-5:00pm

Super Smash Bros Ultimate Tournament (SoCo 8)

On-Ground- ASC Ballroom

The 8th installment of our super smash bros ultimate, now at a new starting time 4:00 P.M.

Event Sponsored by: Southern Connecticut ESports

6:00pm-7:00pm

Virtual Guided Yoga and Healing Session

Access Event [HERE](#)

GEMS is partnering up with our favorite yoga instructor, [Jennifer Dyana Nucci](#), for a virtual guided yoga, meditation and journaling session! Spend a gentle hour unwinding and focusing on gratefulness for your surroundings.

What you need: a comfortable, quiet space, a blanket or yoga mat, a pillow, some water, and your favorite pen and notebook.

If you plan to attend, please RSVP to this event by 3/17! We will send out the Zoom passcode to all RSVPs.

Event Sponsored by: GEMS Club

Sunday, March 21

11:00am-12:00pm

West Rock Ridge State Park Hike

On-Ground- Wintergreen Building

GEMS Club will be visiting our favorite spot yet again! West Rock State Park is walking distance from SCSU and has splendid views at the peak.

Bring a mask and some water, and dress warm. We will have trail mix to pass out! Meet at Wintergreen Building.

If you plan to attend, please RSVP to this event by 3/5! This event is weather-dependent; check back for updates.

Event Sponsored by: GEMS Club

12:00pm-1:00pm

Sport Yoga Series

Access Event [HERE](#)

Take a break from your screen and join Danielle Ott every Sunday for Yoga. Either learn more about the practice and improve your technique or follow along for a mindful practice. These are always on our IGTV in case you miss one or want to go back for more. For more information check our Instagram page, [@scsu_recfit](#).

Event Sponsored by: Campus Recreation and Fitness

12:00pm

Softball vs Le Moyne College

Access Event [HERE](#)

Cheer on the Owls as they take on LeMoyne! Please note that attendance at home games is not permitted at this time, so please use the link above.

Event Sponsored by: SCSU Athletics

12:00pm

Baseball vs Saint Anslem College

Access Event [HERE](#)

Cheer on the Owls as they take on St. Anslem! Please note that attendance at home games is not permitted at this time, so please use the link above.

Event Sponsored by: SCSU Athletics

2:00pm

Softball vs Le Moyne College

Access Event [HERE](#)

Cheer on the Owls as they take on LeMoyne! Please note that attendance at home games is not permitted at this time, so please use the link above.

Event Sponsored by: SCSU Athletics

3:00pm

Baseball vs Saint Anslem College

Access Event [HERE](#)

Cheer on the Owls as they take on St. Anslem! Please note that attendance at home games is not permitted at this time, so please use the link above.

Event Sponsored by: SCSU Athletics

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!

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.
