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From: Rizza, Salvatore A.
Sent: Thursday, December 22, 2022 12:36 PM
To: families@lists.southernct.edu
Subject: Parent/Family Update December 2022
Attachments: MicrosoftTeams-image (20).png

Dear Parents and Families,

Happy Holidays!

Last week the Fall 2022 semester came to a close. Over the past few months students have enjoyed full orientation sessions, lively activities, and engaging classes. While many students are thriving, experiencing success and finding their place we know that others continue to struggle. Over the past few months, we've spoken to so many students and families. We've heard so many stories. While some may be tales of procrastination, laziness or negligence there are far more including the challenges of managing emotions in a new environment, lack of basic needs, or incredible self-doubt. As Fall 2022 final grades will be available before the end of the week (via Bannerweb), it is important to help students process their semester.

We would like to offer a few thoughts on how to frame this past semester:

1. Start with the positive. A great question to ask is, "What went best last semester?"
2. Celebrate! Be sure to acknowledge the small success as well as the major accomplishments. This may be a hard-earned "C" in a challenging subject, joining a club/organization or securing a fantastic internship.
3. Sometimes, best laid plans fail us and students may not have had the semester they would have liked. Asking a question such as, "what could have been done differently?" may prompt a fruitful conversation.
4. Move On and Plan Ahead- Considering what has been learned about successes and challenges, look at the next semester and prepare for a great Spring 2023.

We are excited to hear about your student's successes and are also hear to help you navigate any difficult situations should you need support.

Warm wishes and best regards,

Sal Rizza

Director of Orientation, Transition & Family Engagement

Important Spring 2023 Dates

December 15th, Spring Semester Bills Due

December 23rd, Fall Semester grades available to students.

January 17th, Last day to add/drop classes at 100% refundable term charges for full-time students

January 18th, Classes Begin

February 17th -20th, Presidents' Weekend Recess, No Classes

March 13th -17th, Spring Recess, No Classes

April 7th, Day of Reflection, No Classes

May 8th -14th , Final Examinations

May 19th , Undergraduate Commencement

Resources

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!

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.

University Calendar- <https://calendar.southernct.edu/>

Academic Calendar- <https://catalog.southernct.edu/undergraduate/academic-calendar.html?fbclid=IwAR1sTtbXODwnV3QixzKk4KcsMw4rMXo2c4VasAlAndGGQewphMqSK3TnCNs>

You were subscribed to this listserv as your email is listed in your student's profile based on their initial application to Southern.

The emails you will receive will include the information we send to your students, additional strategies specifically designed for parents/families and how they can best support their students and general information regarding the university.

As we will be intentional on the information we send, we will try not to "flood" your inbox and be very strategic on sending the most pertinent information.

We also invite you to join our Parent/Family Facebook Group, <https://www.facebook.com/groups/scsuparents/>.

However, if you prefer not to receive future emails, please unsubscribe by visiting <https://lists.southernct.edu/mailman/listinfo/families> or simply reply to this email.