

Rizza, Salvatore A.

From: Rizza, Salvatore A.
Sent: Friday, September 15, 2023 3:19 PM
To: families@lists.southernct.edu
Subject: Parent/Family Update: September 15 II Week 4 II Wellness Week
Attachments: ATT00001.txt

Dear Parents and Families,

We hope you are all well!

In this email you will find:

1. Message from the Director of Orientation, Transition & Family Engagement
2. Email from President Smith regarding 9/11
3. Week of Wellbeing
4. Next Week at Southern / Wellness Week
5. Vaccine Clinic
6. Family Day
7. Resources

Message from the Director of Orientation, Transition & Family Engagement

Dear Parents and Families,

Next week we will begin the 4th week of the semester. Time moves very quickly as we will soon have completed a quarter of the fall semester, leaves will begin to change and hopefully we will be free from this awful humidity!

Next week is the Week of Wellbeing. We recognize the critical importance of holistic wellbeing. Over the past several years, anxieties and stressors have increased for us all and that includes college students. Especially for our new students where new environments, relationships and academic courses can present significant challenges in navigating the college experience. As students settle into their realities, the “newness” of college fades and the realities of exams, essays and social expectations rise to the surface. Next week is a good week to open a conversation with your students about their progress this semester. We would recommend starting with the positive. “What is going well,” may open a conversation that may surprise you! Personally, I often ask, “do you feel this is the best possible semester so far?” Based on the answer, you may find yourself encouraging your student to continue what has been working or discussing some ways to adjust. If you find your students are not thriving, we have so many services and resources available to support them. Our [Wellbeing Center](#) and associated offices offers a number for resources from individual counseling, programs, and health services. Below you’ll see programs being offered this week including the Wellbeing Fair which will be held on Wednesday, September 20th from 11am- 1pm in the Buley Library Quad.

Parent and Family Day- Day will be Saturday ,October 14th from 9am to 3pm. In addition to Parent and Family Day, we will be celebrating our traditional Homecoming as parents, families and alumni will attend many of the festivities together. The day will begin with breakfast followed by a Homecoming Festival where we will have carnival games, inflatables, music and more. Our homecoming football game begins at 2pm where the Owls face AIC. Families may choose to attend the Crescent Players show, “Footloose,” at an additional cost.

Social Media and Resources- Our Southern Family Facebook Page is designed as a community for you, as family members, to share ideas, ask questions and to help one another as you help your students (and yourselves) navigate the college experience. We encourage you to engage with one another! While we hope that you'll be able to identify the ways to support your students, please remember that the page is not monitored by a university staff member continually and should a serious matter arise, that you or your students should be contacting the appropriate resource many of which are listed at the both of this email. It is also important that students are seeking our support for themselves. Encourage your students to connect with one of the many staff members on campus and if they aren't sure where to go, we can help them. Particularly in Residence Life, there are Resident Advisors (student leaders) on every floor and Residence Hall Directors (full -time professionals) assigned to every building. Students could always come to the 3rd floor of Buley Library where my office (Orientation, Transition & Family Engagement) and the Center of Academic Success and Accessibility Services are located and we will certainly do our best to help guide and support any student. Lastly, please feel free to reach out to me directly if I could be of support. While I may not be the person who can directly answer a question or help, I'm certain I can help you find your way.

Have a great week and please let us know if we can be of any support to you!

Sincerely,

Sal Rizza
Director of Orientation, Transition & Family Engagement

Email from President Smith regarding 9/11

Dear Southern Community,

With gratitude I wish to share that yesterday's Paws and Reflect event, held in commemoration of 9/11, was [syndicated to a national audience](#) by NBC. You can [watch the local coverage here](#). This event, which featured a formal speaking program followed by a combination of police dogs and yoga to remember the lives lost in the terrorist attacks of Sept. 11, 2001 represents the type of creative thinking that we can use to build community on campus and to draw outside interest to the university. Congratulations to our University Police and Sgt. Cindi Torres, along with our Veterans Services Coordinator Britt Conroy, for making it happen, and in doing so, acknowledging the heroic role that first responders played on 9/11.

As you know, the attacks on New York City and Washington, D.C., left a permanent scar on our nation. Two Southern alums – Angel Pena, '79, and Seth Morris, '89 -- were among those who lost their lives in the collapse of the World Trade Center Twin Towers. Both were successful businessmen and loving fathers. Both met their future spouses while they were all scholars here at Southern. And they will always remain a part of the fabric of our community.

Twenty-two years on, these continue to be difficult times for our country. Many of us still struggle with immense loss, pain, and uncertainty. So I ask you to please use this and subsequent anniversaries as a motivation to speak out against hateful words and actions, and to continue to educate our scholars and others about our social justice values of diversity, understanding and inclusiveness. In such ways, we can make our own contribution to creating a future built on peace and understanding for all.

I look forward to continued engagement with all of you on matters that impact our campus environment and sense of belonging.

Sincerely,

Dr. D

Dr. Dwayne Smith

Interim President

501 Crescent Street EN A211

New Haven, CT 06515-1355

[Tel:203-392-5250](tel:203-392-5250)

Fax:203-392-5255

Email: dsmith@southernct.edu

Information regarding Week of Wellbeing

Dear SCSU Community,

We are thrilled to announce the **Week of Wellbeing** at Southern Connecticut State University, a week dedicated to nurturing the holistic health and wellness of our cherished community members. There's a strong correlation between personal wellbeing and academic, as well as professional, success. It's not just about being physically healthy; it's about maintaining a balance across physical, emotional, and mental spheres to help you thrive in all aspects of your life.



Week of Wellbeing Events

Monday, September 18th @ 10am - 3pm

Flu Vaccine Clinic

Nursing - HHS 413

Health Services is partnering up with Shop Rite to provide all SCSU students, faculty, and staff an opportunity to get their flu vaccines.

Monday, September 18th @ 11am - 2pm

Wellbeing Fair

Academic Quad

Join the Wellbeing Center's Wellbeing Fair where you'll discover resources to support your overall health throughout your college journey!

Tuesday, September 19th @ 11am - 2pm

Community Resource Fair

Buley Patio

Our community partners from the New Haven area will join us on campus to share information about services, resources, and supports that are available off campus to students, staff, and faculty.

Wednesday, September 20th @ 11am - 1pm

Wellbeing Wednesdays Tabling

Granoff Hall

Kick off our Wellbeing Wednesdays by visiting our table to learn different ways to thrive as a student!

Wednesday, September 20th @ 11am - 2pm

Get Yourself Tested

Health Services - Granoff Hall

Come get STD and HIV tested. Available to all students! Walk-ins are also available. Scan the QR code below to find out more!

Thursday, September 21st @ 1pm - 3pm

Check In n Chill Out

Academic Quad

Come out and enjoy some music, treats, lawn games, and more!



Wellbeing Center | Schwartz 100
(203)392-7330 | @scsuwellbeing

Alongside these flagship events, we've partnered with various departments and organizations to offer a series of additional events throughout the week, ensuring there's something for everyone!

Win as You Attend! To make this week even more special, attending these events gives you a chance to win some exciting prizes, including Amazon gift cards. The more you attend, the higher your chances of winning!

Your wellbeing is paramount, not only for your success here at SCSU but for life beyond. Dive deep, explore, and most importantly, take a proactive step towards a brighter, healthier future.

We look forward to seeing you there!

Best wishes,

Allyson Regis, PhD | (pronouns: she, her, hers -- [what's this?](#))
Coordinator | [Wellbeing Center](#)
Southern Connecticut State University
Office: Schwartz Hall room 100 | Email: regisa1@southernct.edu
Phone: 203-392-7330



Every Friday during the semester, faculty and staff receive "Next Week @ Southern," a compilation of the following week's events for the Southern community, produced by the Office of Integrated Communications & Marketing. If you have an event to share, please [visit this page](#) for instructions. [See the full calendar of events here.](#)

Ongoing

Healthy Futures Study

Through October 31

Researchers at the Physical Activity and Health Behavior lab want to learn more about the experiences and perspectives of young adult women who are overweight regarding their own health and health behaviors. This study is IRB approved and recruiting participants through October.

This study is FULLY ONLINE and participants who are eligible and complete the study survey and focus group will be compensated with a \$100 Amazon Gift Card! Please fill out this [brief \(<5 mins\) online survey](#)

For info contact Dr. Kristie Rupp at [ruppk1@southernct.edu](mailto:rupp1@southernct.edu).

SGPS Owl Recognition Award Nomination Submissions

Through October 13

The School of Graduate and Professional Studies wants to hear from you!

We are asking you to nominate a Southern graduate student, graduate faculty, staff, or alumnus/a for a chance to win an SGPS Owl Recognition Award this fall semester!

[Submit nominations here](#)

SCSU Voice and Swallowing Lab

Researchers at the SCSU Voice and Swallowing Lab are interested in testing the consistency of oral pressure measurements during swallowing and would like you to participate!

All participants must be 60+ years old. Participants must not have a history of swallowing difficulty or have any condition that may cause swallowing difficulty. We will ask you a series of health questions to ensure you qualify.

Participation will require four visits to the Voice and Swallowing Lab and each visit will take 20-30 minutes. At each visit you will swallow small amounts of food and liquid while a small bulb measures your tongue pressure. These are non-invasive measures. You will be compensated for your time.

Understanding how consistent oral measures are across time is informative for helping people who have difficulty with swallowing. If you are willing to participate or have any questions about participating, please contact Dr. Julian Smith at smithj181@southernct.edu.

This study has been approved by the IRB.

Monday, September 18

Wellbeing Fair

11:00am - 1:00pm

Academic Quad

Join the Wellbeing Center's Wellbeing Fair where you'll discover resources to support your overall health throughout your college journey!

Tuesday, September 19

Community Resource Fair

11:00am - 2:00pm

Buley Library Patio

Our community partners from the New Haven area will join us on campus to share information about services, resources, and supports that are available off campus to students, staff, and faculty.

Men's Soccer vs University of New Haven

1:00pm - 3:00pm

Jess Dow Field

Streaming Video: <https://www.ne10now.tv/southernctowls/?B=403354>

Administrative Enrichment Series: Show and Tell

1:00pm

Teams (link to be sent in Outlook)

Various support staff will share documents, shortcuts, and procedures that make their work lives run more smoothly.

The Administrative Enrichment Series is a collection of workshops, lectures, and activities designed to create connection, enrich work lives, and provide learning opportunities to staff at Southern.

[Register here](#)

Sit Down & Write

3:00pm - 5:00pm

Online

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.

Everyone is welcome, students, faculty, & staff. Come write with us!

Hosted by: Buley Library

[Online Location](#)

Field Hockey vs Assumption University

4:00pm - 7:00pm

Jess Dow Field

Streaming Video: <https://www.ne10now.tv/southernctowls/>

Women’s Soccer vs Pace University

7:00pm - 9:00pm

New Haven, Conn., Jess Dow Field

Streaming Video: <https://www.ne10now.tv/southernctowls/>

Wednesday, September 20

Navigating the Challenges of Graduate School

3:00pm - 4:30pm

Adanti Student Center - Room 301

Join a panel of SCSU graduate students and faculty from a range of programs as they share their insights with you – everything from creating a positive school-life balance, to navigating career paths, to building relationships with advisors, professors, and mentors.

This informal event will be conversational in tone, aimed at helping you to make the most out of your time in grad school.

RSVP not required but highly encouraged. [Questions can be submitted for the panelists here](#)

Thursday, September 21

Find Your Balance at Community Yoga

12:00pm - 1:00pm

Academic Quad (Rain location: Lyman Lobby)

Take some time for clarity and calmness this week! Improve your mood while enjoying movement, meditation, and breathing.

Hosted by: Division of Student Affairs Themed Weeks

Volleyball vs Holy Family University

5:00pm - 7:00pm

Pelz Gymnasium

Streaming Video: <https://www.ne10now.tv/southernctowls/>

Friday, September 22

SCSU ACE Women's Symposium

8:30am - 12:00pm

School of Business - Room 122

For faculty, staff, and students who are looking to network with other women interested in leadership.

This event will be an opportunity to network and to hear from SCSU women panelists, as well as keynote speaker Nickia Jackson, holistic health coach.

We will be covering topics such as:

- Boundary Setting
- Aligning your Core Values & Interests
- Building Strategic Partnerships
- Work-life balance
- And MORE!

[Learn more about Nickia Jackson](#)

[RSVP here](#)

Community Garden Work Party

9:00am - 2:00pm

Community Garden

Come down to the Community Garden behind Davis Hall and get some experience with everything garden! If it's raining, email us at sustainability@southernct.edu.

Hosted by: Sustainability Office

Living Out the Social Justice Mission Conference

12:30pm - 6:30pm

Southern Connecticut State University

The Living Out the Social Justice Mission Conference aims to kick off the 2023-2024 Social Justice Year Educational Program. The conference will feature a keynote speaker, targeted breakout sessions focused on practical tools and critical conversations, and opportunities to build community within the institution.

The Living Out the Social Justice Mission Conference is a one-day conference style educational program that will serve students, faculty, and staff. The conference educational programming will discuss various social justice and DEI topics and provide practical knowledge and tangible tools to utilize as a community member. Additionally, the conference will provide opportunities for individuals to network, connect, and engage in community-building activities to enhance the overall climate of the university.

[RSVP here](#) by September 13, 2023.

Shabbat!

4:30pm

Adanti Student Center - Room 236

Open to all students, faculty, and staff

Volleyball vs Daemen University (N.Y.)

6:00pm - 8:00pm

Pelz Gymnasium

Streaming Video: <https://www.ne10now.tv/southernctowls/>

Field Hockey vs Franklin Pierce University

7:00pm - 10:00pm

Jess Dow Field

Streaming Video: <https://www.ne10now.tv/southernctowls/>

An Evening with CC Sabathia

7:00pm

John Lyman Center for the Performing Arts

World Series champion and New York Yankees legend CC Sabathia shares his story of baseball, family, fame, addiction, and recovery.

CC Sabathia is a 19-season MLB veteran, six-time MLB All-Star, and New York Yankees legend. He retired as the MLB's active leader in strikeouts, innings pitched, complete games, and WAR, but his tremendous success was often overshadowed by his struggle with addiction and the toll it took on him physically and mentally. During this moderated event, Sabathia will discuss aspects of his 2021 memoir, *Till the End* – a raw, compelling account of baseball, family, fame, addiction, and recovery that became a national bestseller. The inspiring memoir, which interweaves poignant baseball moments and personal tragedy, “brings the heat ... about overcoming his years-long battle with alcoholism,” according to Publishers Weekly.

[Learn more and purchase tickets](#)

Saturday, September 23

Football vs Bentley University

12:00pm - 3:00pm

Jess Dow Field

Streaming Video: <https://www.ne10now.tv/southernctowls/>

Vaccine Clinic information.

**It is that time of year again!
Protect yourself and your loved ones against the flu.**

Flu Vaccine Clinics

September 18
10AM – 3PM

Nursing – HHS 412

October 11
10AM – 2PM

Morrill Hall Breezeway

November 2
10AM – 2PM

Engleman Hall

FLU VACCINE CLINICS

student HEALTH SERVICES
Granoff

SEPTEMBER 18
10AM-3PM

LOCATION:
Nursing-HHS 413

OCTOBER 11
10AM-2PM

LOCATION:
Morril Hall Breezeway

NOVEMBER 2
10AM-2PM

LOCATION:
Engleman Hall

Please bring your insurance and prescription card!
Most insurances are accepted

PARTNERING WITH:



For inquiries, contact Student Health Services
healthservices@southernct.edu



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

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SOUTHERN FAMILY DAY

Family Day 2023

Saturday, October 14th

9am- 3pm

We are incredibly excited to welcome you to campus and to spend a fun-filled day together!

Registration will open before October 1st.

\$15 per person

Southern Students FREE

Visit <https://go.southernct.edu/homecoming/> for more information.

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.

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 replying to this email.
