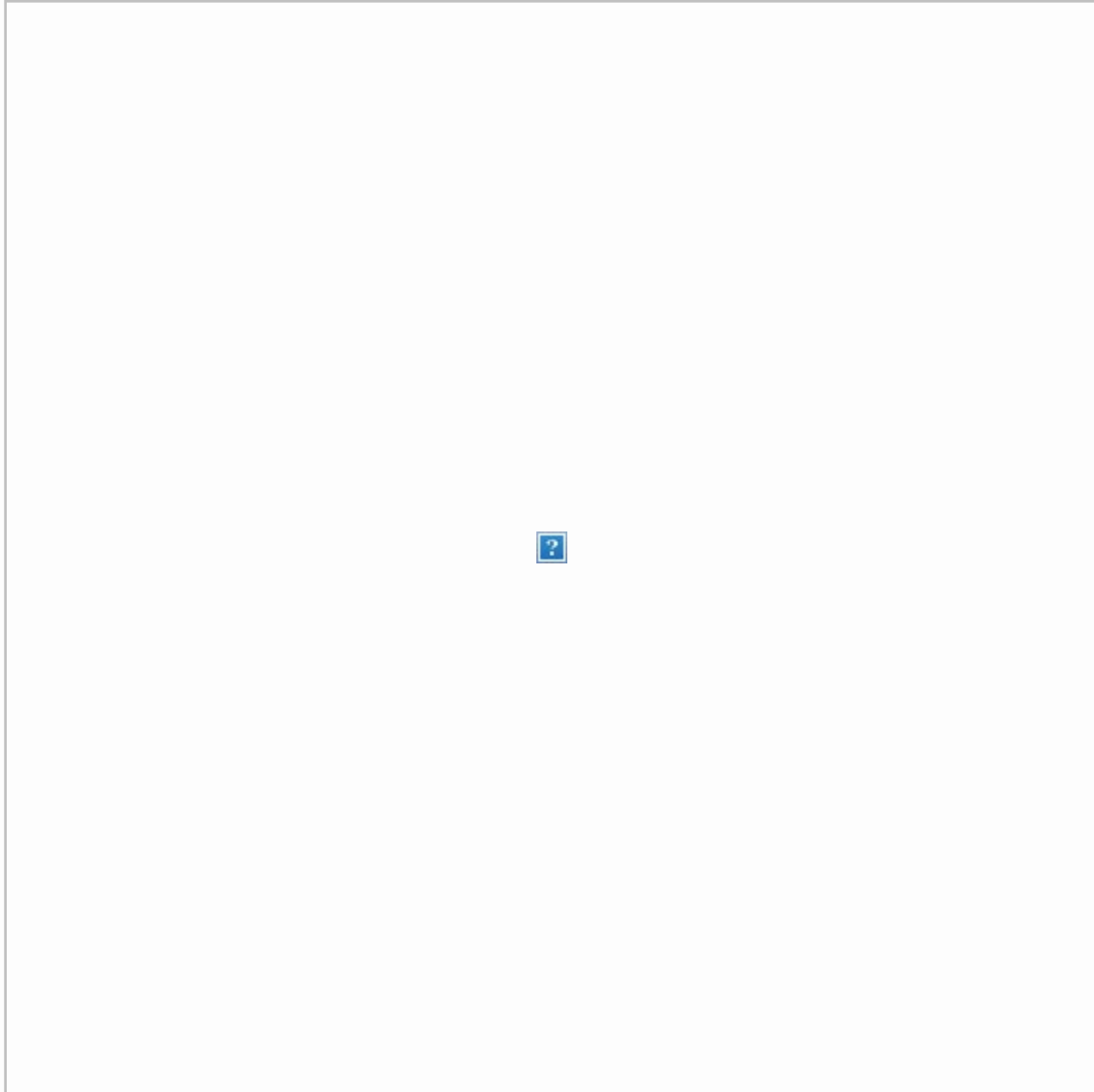


**From:** [Sal Rizza, Director of OTEE](#)  
**To:** [Rizza, Salvatore A.](#)  
**Subject:** Owl Family Update II Week 5  
**Date:** Tuesday, September 24, 2024 12:14:44 PM

---



## Family Update: September 24, 2024

---

### This email contains the following:

- Message from the Director of Orientation, Transition & Family Engagement

- Weekly Feature
    - Homecoming
    - Family Day
    - Sibling Night
  - News and Notes
    - National Latinx/Hispanic Heritage Month
  - This Week at Southern
  - SCSU Resources
- 





Dear Families,

This 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.

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 24<sup>th</sup> from 12pm-3pm in the Buley Library Quad.

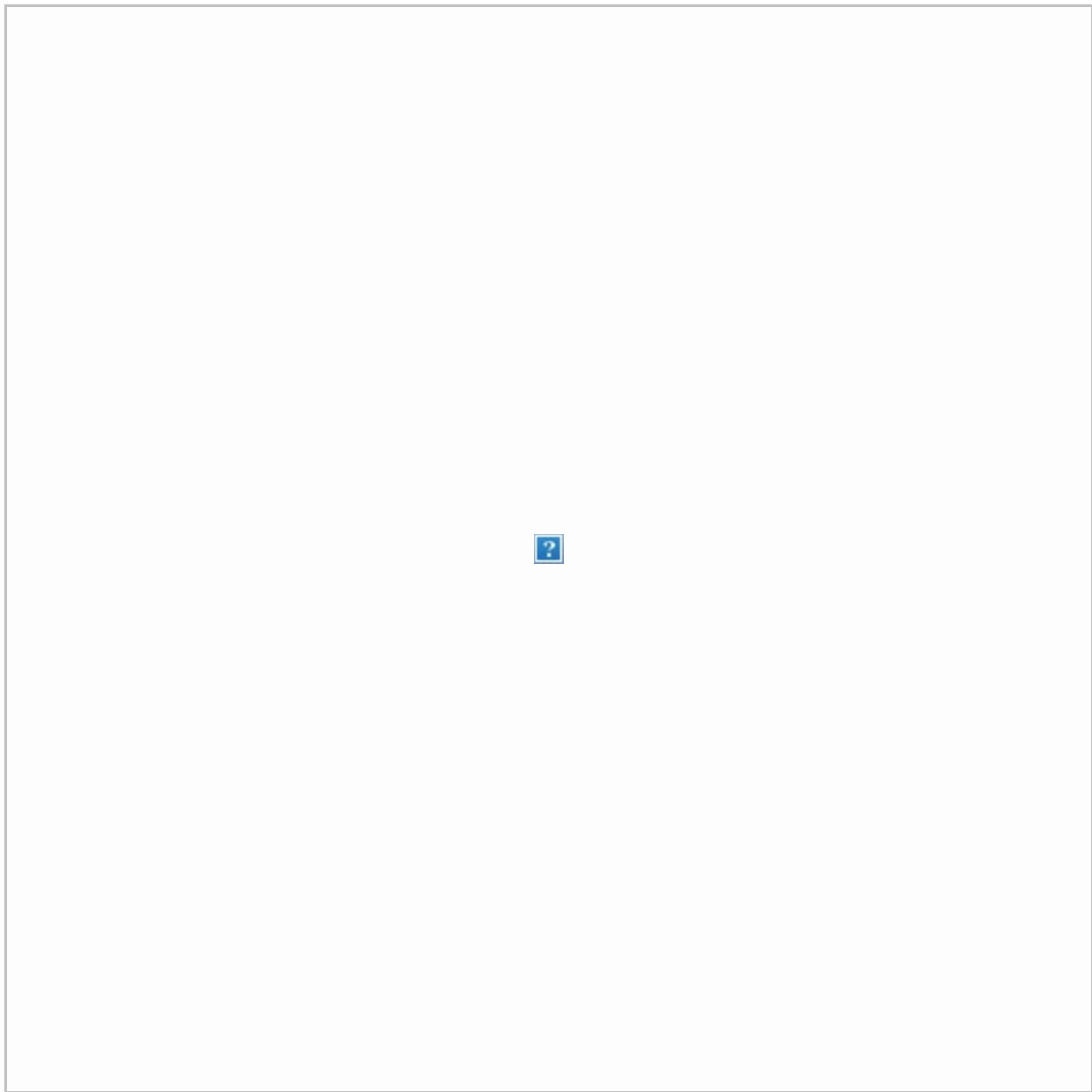
If we can be of support, please reach out to us.

Sincerely,

Sal Rizza

Director of Orientation, Transition & Family Engagement

---



**Next week is Homecoming and Family Weekend!**

Students received the email below last week.

**Thursday, October 3<sup>rd</sup>, 2024**

**Pep Rally**

7:00pm

Jess Dow Field Parking Lot

This year's Pep Rally will feature a little bit of everything! Join us for food, novelties, performances, prizes and so much more as we get ready for the big game!

## **Rep Your Flag**

9:00pm

Adanti Student Center Ballroom

This long-standing tradition is a student favorite! Come out and join CSA in celebration of all cultures. We may be divided by water, but will be united by culture! Alumnus DJ Fire on the 1s and 2s!

## **Friday, October 4<sup>th</sup>, 2024**

### **Sibling Night**

6:00pm

Residence Life Quad

Young family members get the opportunity to spend time on campus and experience a little bit of college life! We have games and activities planned, and this event is open to both residential and commuter students and their siblings.

**[Register Here.](#)**

## **Saturday, October 5<sup>th</sup>, 2024**

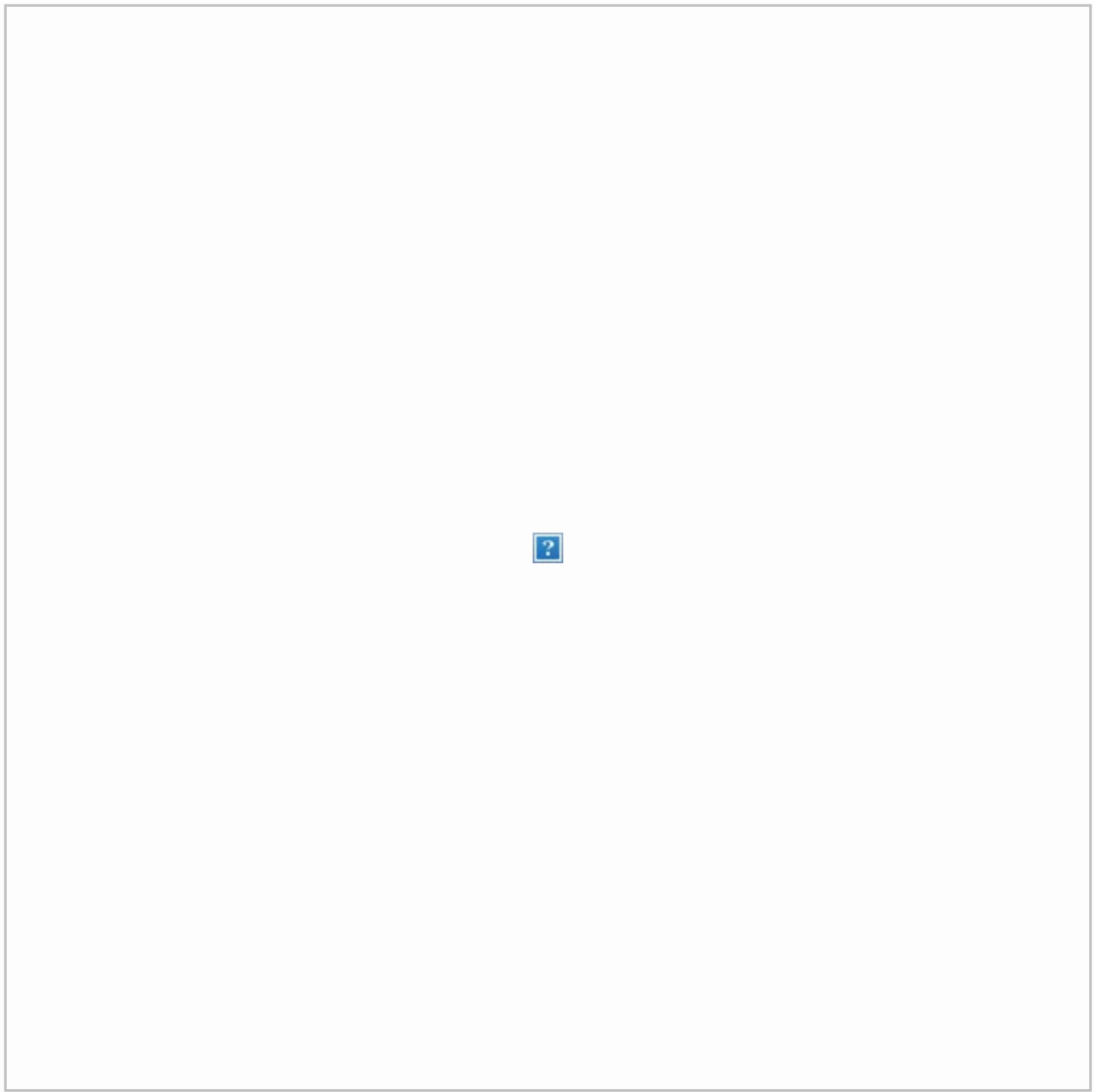
This is the big show! Saturday will feature **Family Day** (**[Register Here for Family Day](#)**), carnival games, a food truck festival, tailgate parties, the football game and much more! Upon checking in at the registration tent located in front of Moore Fieldhouse, SCSU students will receive a meal voucher and SCSU shirt (while supplies last).

In addition to the above events, we have two new ways to get involved with Homecoming and Family Weekend.

**Join in on our SCSU Hype Video Contest or apply to become Owl Royalty!**

[SCSU Hype Video Contest Rules and Submissions](#)

[Owl Royalty Rules and Application](#)



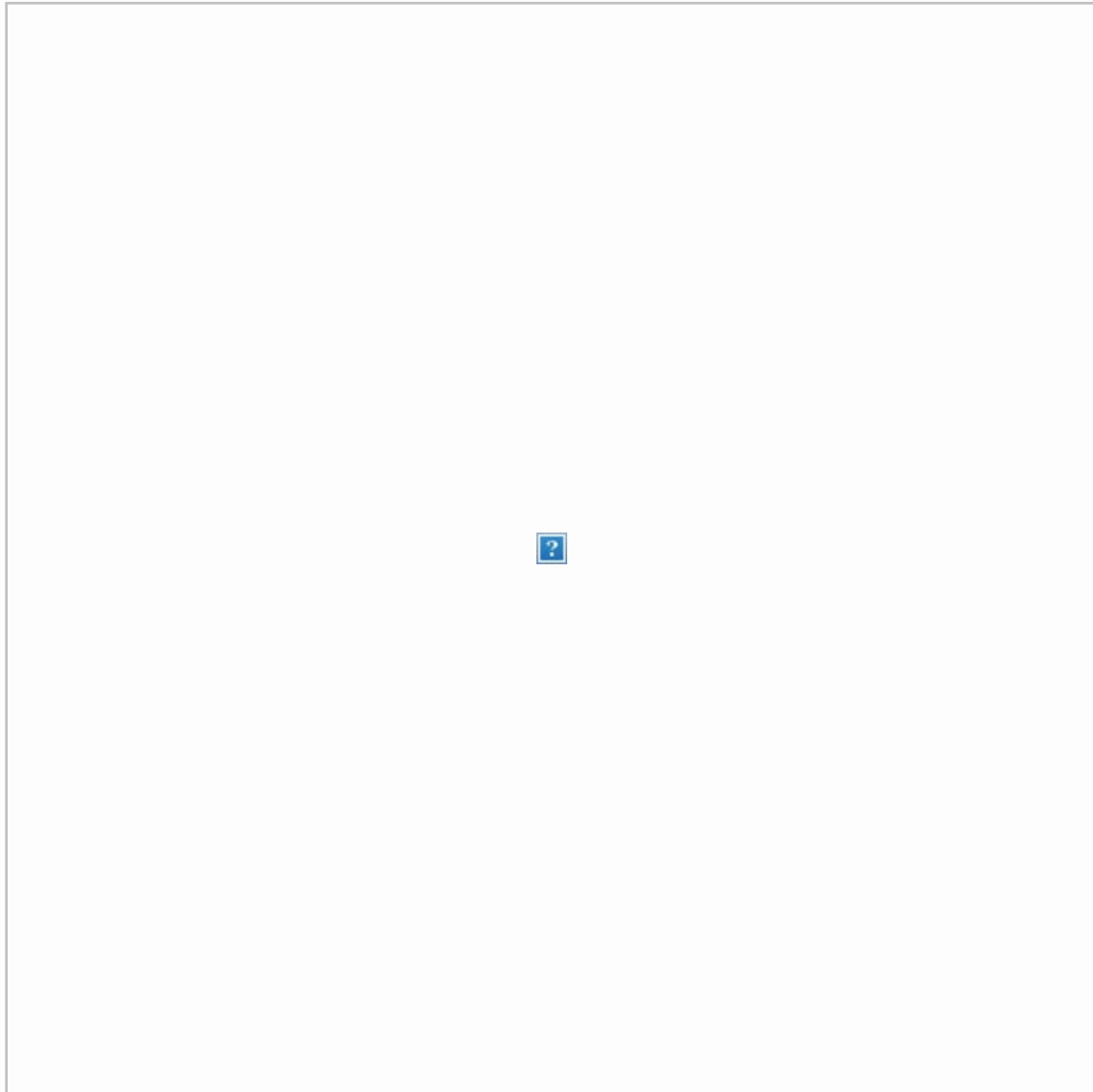


### **This month is National Latinx/Hispanic Heritage Month 2024!**

Each year, Hispanic and Latinx Americans celebrate the contributions and cultures of Hispanic Americans whose heritage can be traced to Spain, Mexico, the Caribbean, and Central and South America. The observation began as Hispanic Heritage week and was expanded to cover a 30-day period from September 15 through October 15. September 15th is significant as the anniversary of independence for Latin American countries Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico and Chile celebrate their independence on September 16 and September 18, respectively. The celebration extends into October to mark “El Dia de La Raza” or “Day of the

Race” which celebrates the Heritage of Latin America and all the ethnic and cultural influences that make it distinctive

For more information, [click here](#).



**Every week students receive an email with a full list of campus events. Below are just some of the events in the email.**



## Tuesday, September 24th

11:30am - 1:30pm

### **Tune Up Tuesday - Elevate your Wellbeing with Health Services**

Conn Hall

Join us on Tuesdays at Conn Hall for "Tune-Up Tuesday," a dedicated time to enhance your health, happiness, mindfulness, and gratitude practices!

**Sponsored by: Student Health Services for Week of Wellbeing**

## Wednesday, September 25th

12:00pm - 3:00pm

### **Wellbeing Fair**

Academic Quad

Discover resources to support your overall health throughout your college journey!

**Sponsored by: The Wellbeing Center for Week of Wellbeing**

## **Trip Alert!**

Saturday, September 29th

9:00am - 5:00pm

**Boston Trip with ProCon! - RSVP starts on 9/23 @ 1:00PM via OwIConnect!**

[CLICK HERE](#) (This link will go live at 1:00pm on Monday)

Bus Pickup Spot: Hickerson Hall

Discover the rich history and vibrant culture of Boston on this exciting day trip!

Explore iconic landmarks like the Freedom Trail, Boston Common, and the historic North End. Dive into the city's dynamic arts scene, visit world-class museums, and savor delicious local cuisine. This trip offers a perfect blend of adventure and relaxation in one of America's most storied cities.

**Sponsored by: Programs Council**

## Tuesday, September 24th

2:00pm

### **Community Meeting with President Smith**

Adanti Student Center Ballroom

Please join President Smith and members of his leadership team for updates on the state of the university.

**Sponsored by: The President's Office**

2:00pm - 4:00pm

**Sit Down & Write**

Online - Join [HERE](#)

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.

**Sponsored by: Buley Library**

3:00pm - 4:30pm

**Introduction to Liberty Bank Internships - RSVP [HERE](#)**

School of Business Room 105

Students will be introduced to internship opportunities at Liberty Bank. Rahsaan Diaz, with over 20 years of experience in talent acquisition and human resources, will discuss the bank's programs, while emphasizing his passion for Diversity, Equity, and Inclusion. Please be sure to register for this event on OwlConnect if you plan to attend!

**Sponsored by: The School of Business and the Southern MBA Program**

3:30pm - 4:30pm

**SCSU Walking Tour - RSVP [HERE](#)**

School of Business Entrance

Learn about Southern's climate and sustainability commitment, visiting CT's first state-owned net-zero building (School of Business), the LEED Gold Academic and Laboratory Science Building, and Southern's 4.6 MW solar and fuel cell arrays. Be sure to register to attend this event!

**Sponsored by: The Sustainability Office**

7:30pm - 9:30pm

**Breaking the Stigma**

Adanti Student Center Room 301

Come join the Black Student Union and the Scintillating Sigma Gamma Chapter of Sigma Gamma Rho Sorority, Inc. to discuss the negative stereotypes

surrounding mental health in honor of suicide prevention month!

**Sponsored by: Sigma Gamma Rho Sorority, Inc. and Black Student Union for Week of Wellbeing**

## **Wednesday, September 25th**

1:00pm - 2:00pm

### **Commuter Crew**

Adanti Student Center Room 217

Join Commuter Services for some free food and fun activities at the monthly Commuter Crew meet up!

**Sponsored by: Commuter Services**

3:30pm - 4:30pm

### **Freshmen Bible Studies**

Adanti Student Center Room 303

We gather in fellowship to study the Bible, seeking wisdom and encouragement from its teachings as we navigate the challenges of transitioning into college life. Through discussions, prayer, and support, we aim to strengthen our faith and build a community rooted in God's Word, helping each other grow spiritually during this new chapter.

**Sponsored by: InterVarsity Christian Fellowship**

4:00pm - 5:30pm

### **QPR (Suicide Prevention) Training - RSVP [HERE](#)**

Adanti Student Center Room 326

The QPR mission is to reduce suicidal behaviors and save lives by providing innovative, practical, and proven suicide prevention training. The signs of crisis are all around us. We believe that quality education empowers all people, regardless of their background, to make a positive difference in the life of someone they know. All students, faculty, and staff are welcome to participate. Please sign up and RSVP through OwlConnect beforehand!

**Sponsored by: The Wellbeing Center**

4:00pm - 6:00pm

### **Women's Soccer vs. Post University**

Jess Dow Field

Cheer on the Southern Owls as they take on Post University!

**Sponsored by: SCSU Athletics and Recreation**

7:00pm - 9:00pm

**Men's Soccer vs. University of New Haven**

Jess Dow Field

Cheer on the Southern Owls as they take on the University of New Haven!

**Sponsored by: SCSU Athletics and Recreation**

7:30pm - 9:00pm

**InterVarsity Large Group Bible Study**

Adanti Student Center Room 201

Come be in community and fellowship with SCSU's InterVarsity Christian Fellowship as explore love, faith and Christ through Bible studies, community nights worship nights and more. Looking for a faith based spot on campus? Maybe this is the place for you.

**Sponsored by: InterVarsity Christian Fellowship**

**Thursday, September 26th**

8:30am - 10:30am

**Good Morning Commuters**

Adanti Student Center Room 217

Looking for a nutritious and delicious breakfast? Commuter Services has your back! Join us every Thursday for breakfast sandwiches.

**Sponsored by: Commuter Services**

10:00am - 12:00pm

**Come Catch the Tea, but Don't Throw Shade**

The SAGE Center - ASC 235

In celebration of Hispanic Heritage come enjoy some tea and/or coffee from several different Hispanic countries. In addition to enjoying a wonderful cup of coffee or tea, come learn about the historical relevance of different coffees and teas from various Hispanic countries. The SAGE Center hopes that you come to catch the tea hot off the press.

**Sponsored by: The SAGE Center**

10:00am - 12:00pm

**Coasters with Cultura: Celebrating Hispanic Heritage**

The Multicultural Center - ASC 202

Come design and create your own beverage coasters, drawing inspiration from the vibrant art, patterns, and symbols of Latino cultures. From colorful tiles to traditional folk designs, explore the rich artistic traditions that represent Hispanic heritage while expressing your own creativity.

**Sponsored by: The Multicultural Center**

11:00am - 1:00pm

**Red Flag Campaign with K9 Jules!**

Residential Quad

Come join V.P.A.S. and Jules in making red and green flags to spread awareness of the healthy and unhealthy signs in a relationship, while enjoying free goodies!

**Sponsored by: Violence Prevention, Victim Advocacy and Support Center (V.P.A.S.)**

12:00pm - 1:00pm

**PB & J Thursday**

Engleman Hall Breezeway

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!

**Sponsored by: Programs Council**

5:00pm - 7:00pm

**The Thrifty Owl**

North Campus Midrise Game Room

Visit the Thrifty Owl to shop for free dorm, school, and kitchen supplies.

**Sponsored by: The Sustainability Office**

**Friday, September 27th**

4:30pm - 6:00pm

**Shabbat**

Remembrance Garden

Come join Hillel for Shabbat every Friday throughout the semester!

**Sponsored by: Hillel**

## Saturday, September 28th

9:00am - 5:00pm

**Boston Trip with ProCon! - RSVP starts on 9/23 @ 1:00PM via OwlConnect!**

Bus Pickup Spot: Hickerson Hall

Discover the rich history and vibrant culture of Boston on this exciting day trip! Explore iconic landmarks like the Freedom Trail, Boston Common, and the historic North End. Dive into the city's dynamic arts scene, visit world-class museums, and savor delicious local cuisine. This trip offers a perfect blend of adventure and relaxation in one of America's most storied cities.

**Sponsored by: Programs Council**

11:00am - 1:00pm

**Volleyball vs. Caldwell University**

Pelz Gymnasium

Cheer on the Southern Owls as they take on Caldwell University!

**Sponsored by: SCSU Athletics and Recreation**

11:00am - 2:00pm

**Men & Women's Swimming and Diving vs. West Chester University of Pennsylvania**

Hutchinson Natatorium

Cheer on the Southern Owls as they take on West Chester University of Pennsylvania!

**Sponsored by: SCSU Athletics and Recreation**

2:00pm - 4:00pm

**Men's Soccer vs. Saint Anselm College**

Jess Dow Field

Cheer on the Southern Owls as they take on Saint Anselm College!

**Sponsored by: SCSU Athletics and Recreation**

## Sunday, September 29th

12:00pm - 2:00pm

**Southern Women's Rugby vs. Mount Holyoke**

Jess Dow Field

Cheer on Women's Rugby as they take on Mount Holyoke!

**Sponsored by: Athletics and Recreation**

7:00pm - 10:00pm

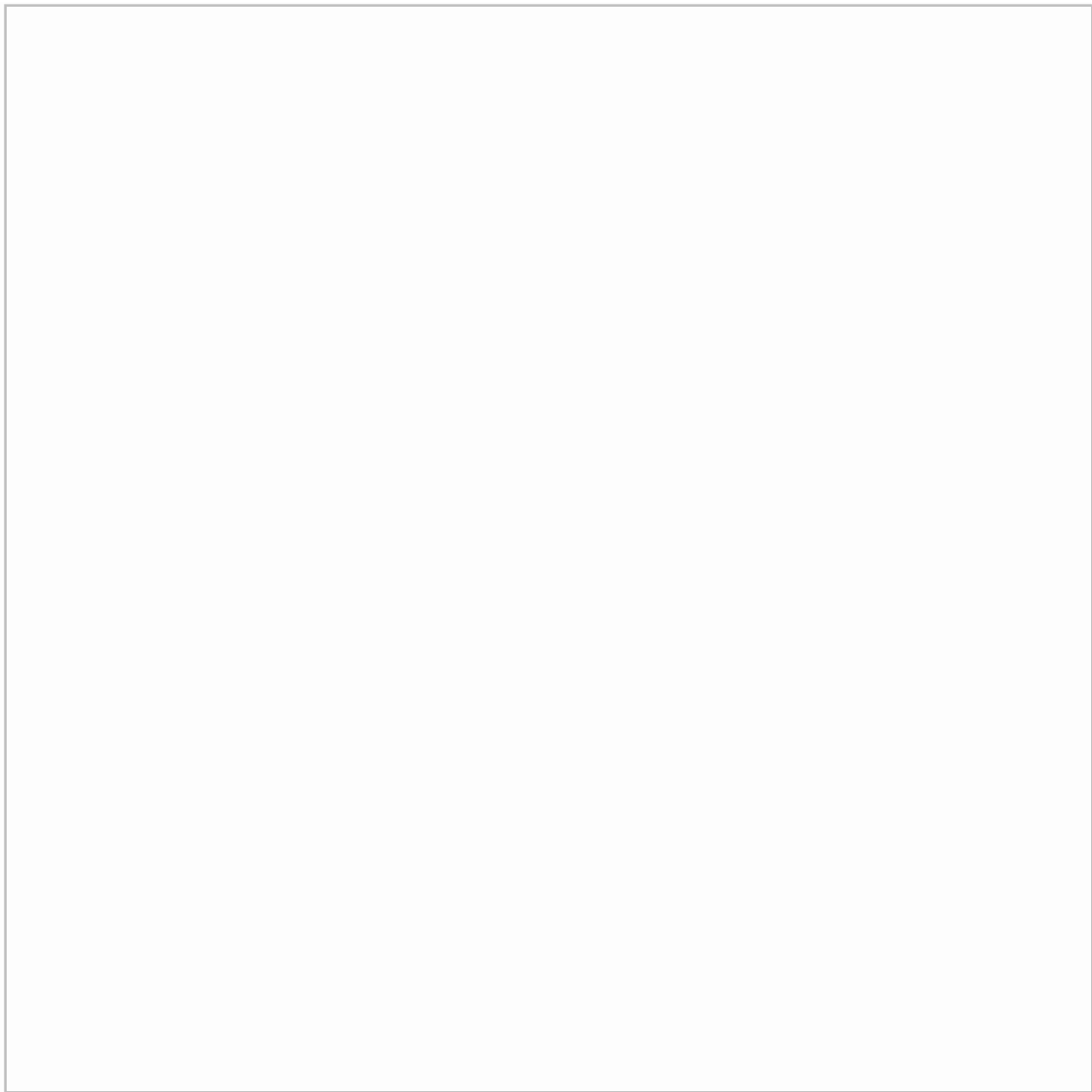
**PALS in the Farnham Programming Space**

Farnham Programming Space

Are you taking MAT100P? Come work with Peer Academic Leaders in FPS to earn math hours, enjoy a quiet space to work in, and bring your laptops!

**Sponsored by: Residence Life and CASAS**

---



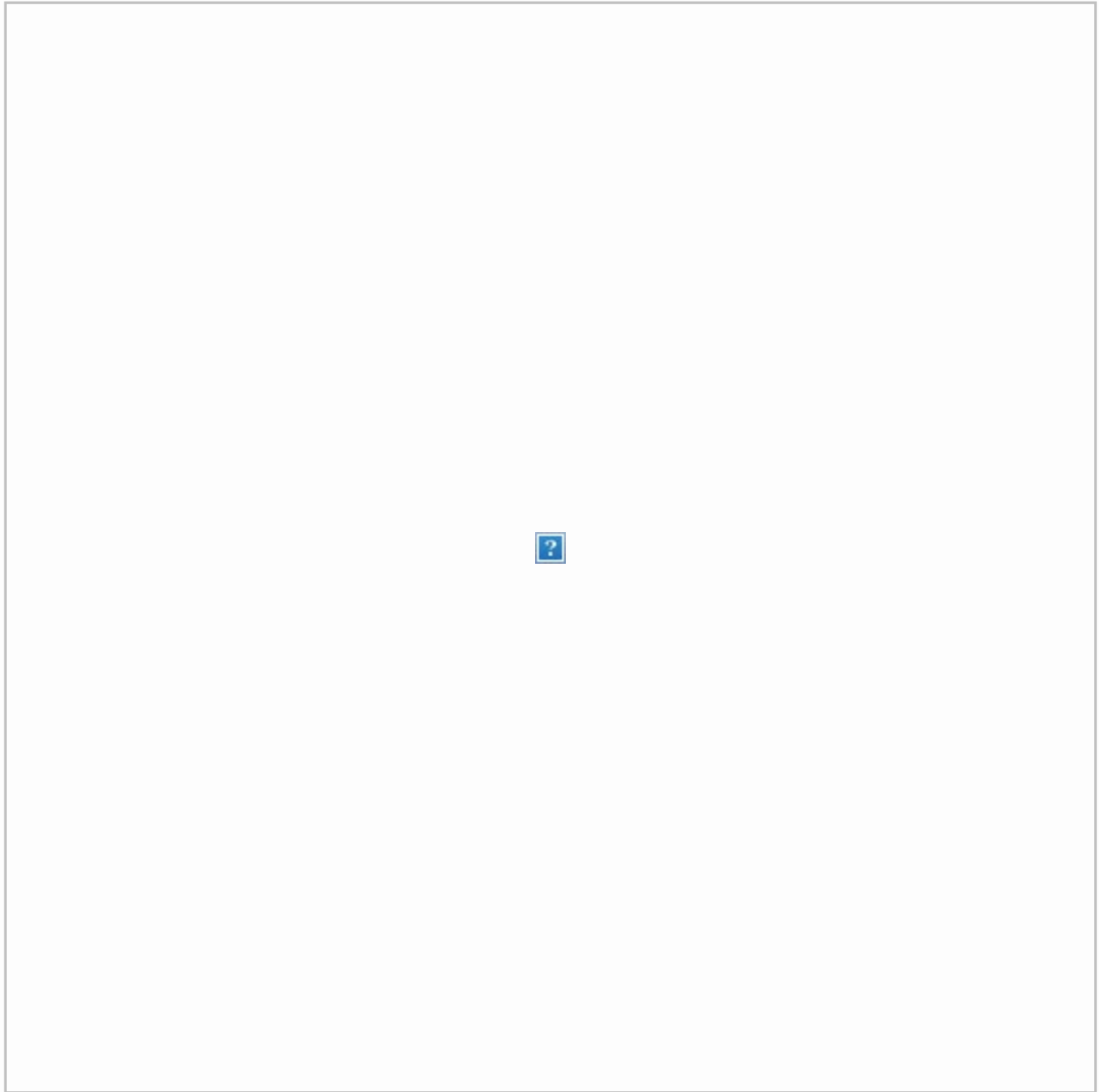
**Helpful Links-** these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

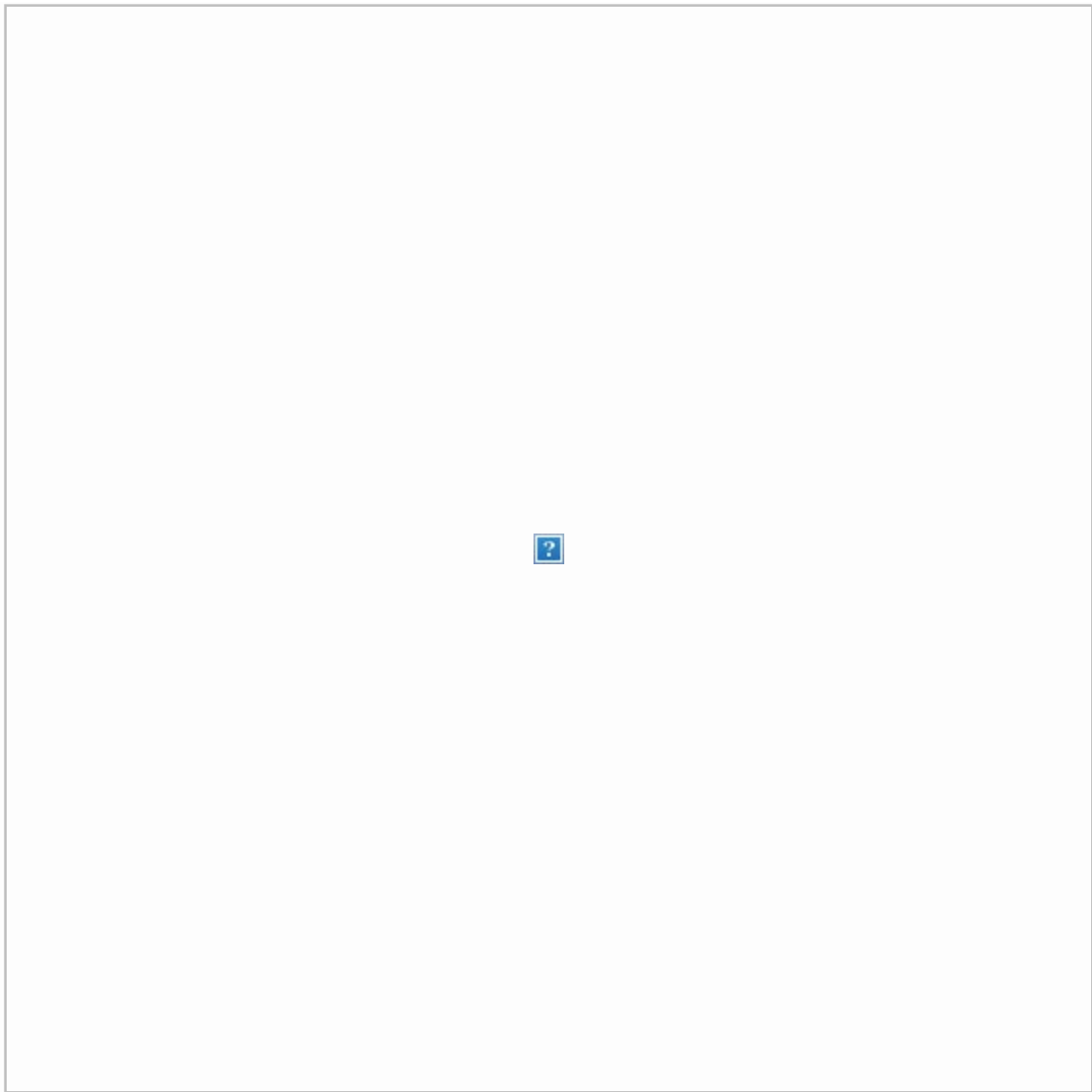
**Resources-** these is another general page filled with links that may be helpful!

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

**Advising-** information regarding academic advising.







orientation@southernct.edu

203.392.5168

501 Crescent Street

06515, New Haven

Unsubscribe

