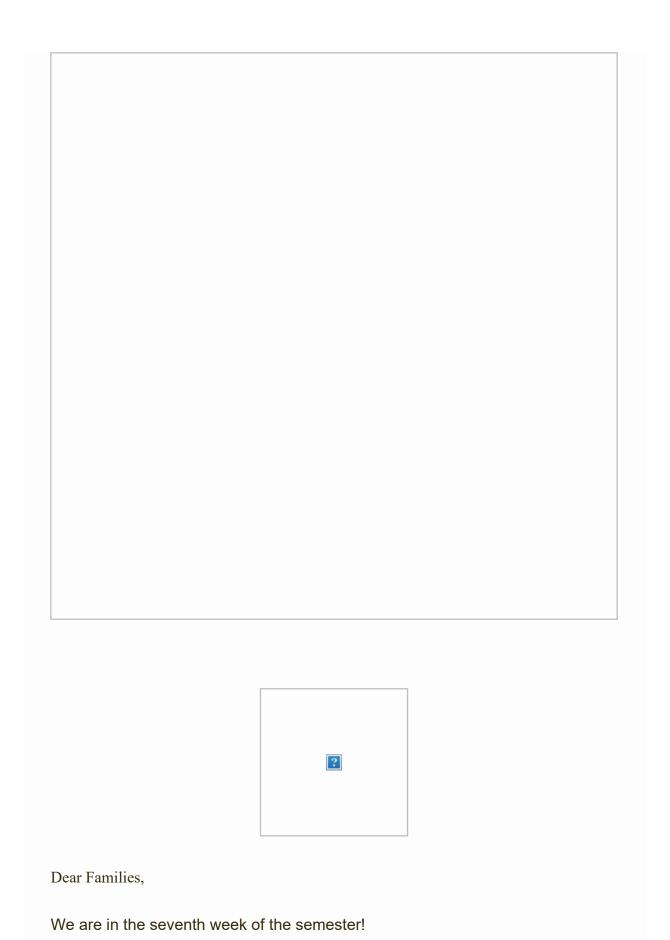
From: To: Subject: Date:	Sal Rizza, Director of OTFE Rizza, Salvatore A. Owl Family Update II Week 7 Monday, October 7, 2024 4:27:51 PM	
Fam	nily Update: October 7, 2024	
Th	nis email contains the following:	

Sal Rizza, Director of OTFE

Message from the Director of Orientation, Transition & Family Engagement

- Family Day
- Campus Safety
- Weekly Feature
 - Campus Safety
- News and Notes
 - Email from the President
- This Week at Southern
- Resources



First, we want to thank everyone that was able to attend this year's Family **Day!** We had an unprecedented number of families registered. We enjoyed a beautiful weather day and a wonderful spirit! Please take a moment to complete this **Family Day survey.** We want to know your thoughts! And, if you weren't able to attend, please fill it out as well!

In addition to Homecoming and Family Day on Saturday, last week was absolutely fantastic. On Thursday night well over 400 students attended the Pep Rally and the Rep Your Flag dance party that followed. Friday, over 400 students and their siblings were registered for Sibling Night and as many attended the Late Night Breakfast and Bingo in Conn Hall.

In my conversation with students this week, they are starting to stress about their academics. Some have already taken mid-term exams and submitted major assignments. Please be sure to encourage your students to seek support if they find it challenging to meet their goals whether that be getting all As or passing a difficult course. The **Center of Academic Success and Accessibility Services** is a tremendous resource.

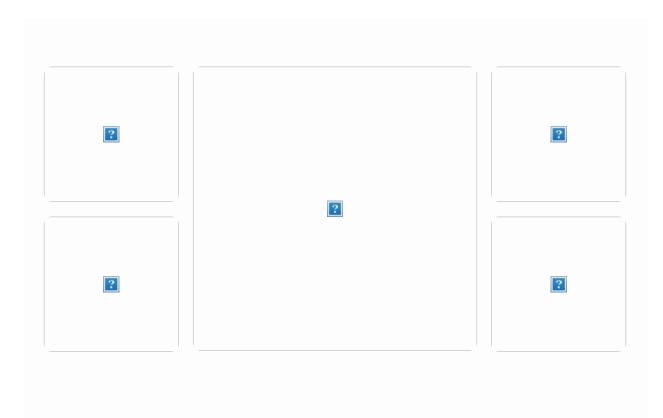
Lastly, in the Weekly Feature, you will see an email that all students received regarding **Campus Safety**. Please take a moment to talk to your students about safety. While our University Police Department and our faculty/staff work incredibly hard to create a safe environment, it takes our entire community. Please know that our students continually share that they feel safe. However, we are not immune to the issues that impact any community or college campus. The tips contained in the email below are incredibly important. Locking our doors, paying attention to our surroundings, and not providing personal information are just simple ways we can greatly increase our own personal safety not just on campus but in our daily lives.

Please know that our office is her to support not only students, but all of you! If we can be of support, please reach out to us.

Sincerely,

Sal Rizza

Director of Orientation, Transition & Family Engagement



Campus Safety- this email was sent to all students.	
As we move into mid-semester and the coming changes in daylight hours, University Police and Student Affairs want to remind you of some important updates that will help keep our campus safe and secure:)
 As the popularity of delivery services for food and other items continues to rise, 	

we urge students not to share any personal information - including cell phone

the safety of the driver.

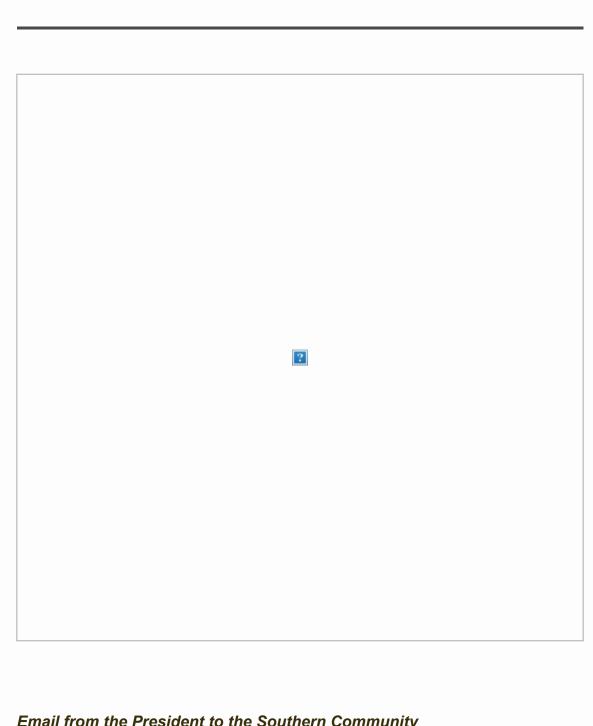
numbers and social media handles - with delivery drivers. Use the service's app for any communication and meet drivers in well-lit public areas for your safety and

- Always have a plan when you leave your residence hall and lock your doors and windows before you depart. Stay connected and let your friends know where you are going. Be aware of your surroundings and walk in groups, if possible, especially after dark.
- To help avoid thefts, park your vehicles in well-lit areas where there is more foot traffic. Secure your belongings, lock the doors and close the windows before you exit. If your vehicle is equipped with an alarm, be sure to activate it. If you see any suspicious activity at, or near, your vehicle, report it immediately to the police and do not confront any stranger(s). More information can be found here.
- We have seen an increase in email and text phishing attempts. College students are often the target of scams. Never share identifiable details, including credit card and bank information, with an unknown thirdparty. University Police and Information Technology have put together some additional tips to help you prevent identity theft
- Students often walk across campus or on neighboring streets looking at cell phones or with their earphones in. Please stay alert and always pay attention to what is occurring around you. Trust your instincts, if something seems off to you, notify university police immediately, at 203 392-5375, or 911 in an emergency. Make sure you have the <u>Livesafe app</u> installed on your phone for a direct connection to campus safety and sign up for the SouthernAlert emergency notification system.
- Southern understands that our students regularly utilize rideshare services, as
 these are convenient ways to get around the area. The organization
 "whatsmyname.org" has some great guidance on <u>safe ways to utilize rideshare</u>
 services

Thank you for playing your part in ensuring our campus reminds a safe and welcoming environment for all members of our community!

Makiem Miller, Chief of Police/Director of Public Safety

Jules Tetreault, Associate Vice President for Student Affairs and Dean of Students



Email from the President to the Southern Community

Dear Southern Community:

A year on since the eruption of deadly violence on Oct. 7, 2023, global conflicts have continued to shape our daily lives. The traumatic experiences of individuals in the Middle East, Northern and Central Africa, Eastern Europe, and elsewhere are laid bare through the images relayed daily by newscasts and social media.

Many members of our community have connections or close relationships to those whose lives have been adversely impacted by events beyond their control. During periods of turmoil, it is important that we support one another and be aware of the free, campus-based resources that are available to our scholars, faculty and staff:

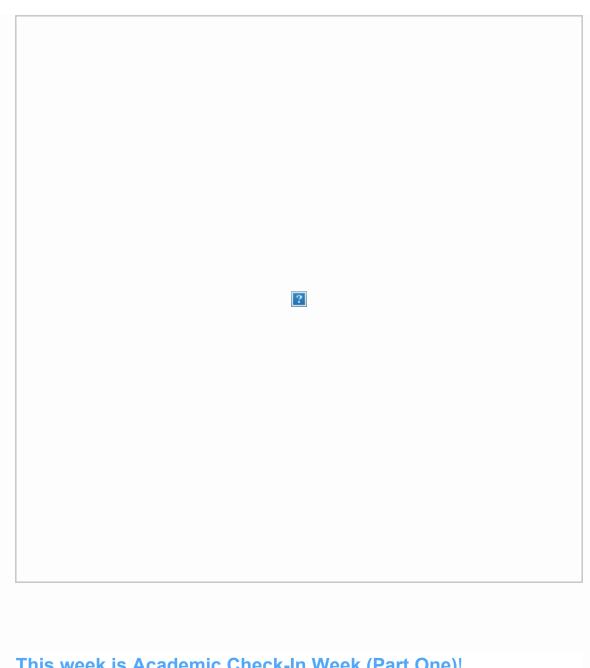
- Counseling Services
- Violence Prevention, Victim Advocacy, and Support
- Wellbeing Center
- Division of Diversity, Equity, & Inclusion
- Employee Assistance Program

As we navigate these challenging times, let us remain steadfast in our social justice mission: promoting compassion, equity and understanding in everything we do.

Let us ensure that Southern remains a safe, welcoming haven for all members of our community, as we set the standard and lead the way.

Sincerely,

			_
			_



This week is Academic Check-In Week (Part One)!

Academic Check-In Week provides students with opportunities to assess their academic progress through one-on-one meetings with advisors, workshops, and study strategy sessions. Programs this week aim to enhance student success by offering personalized support and fostering a proactive approach to academics.

Signature Events:

Monday, October 7th

11:00am - 12:00pm

Study Spot Cafe

Adanti Student Center Room 217

Commuter Services invites you to The Study Spot Cafe for a quiet study session. Commuter Assistants greet you with coffee, snacks, and a contract. Complete everything on your contract, you will be entered for a chance to win a Southern gift basket.

Sponsored by: Commuter Services for Academic Check-In Week (Part One)

7:00pm - 9:00pm

Study with Beta Nu!

Adanti Student Center

Whether you're preparing for exams, working on a project, or just need a quiet place to focus, this is a great opportunity to build better study habits, support each other, and demonstrate our commitment to scholarly success. All are welcome!

Sponsored by: Hermandad de Sigma Iota Alpha, Inc. for Academic Check-In Week (Part One)

Tuesday, October 8th

11:00am - 12:00pm

Tips & Tricks on Stress Management

Engleman Hall Room D031A

As we are in midterm season, we wanted to provide you with some helpful advice from Dr. Budnick on how to manage stress and burnout. All are welcome! Sponsored by: The Psychology Club for Academic Check-In Week (Part One)

Full Calendar:

Southern Connecticut State University Celebrates Hispanic / Latine Heritage Month. Click HERE to view all upcoming events!

All Week

11:00am - 4:00pm

Donald Guevara and Jamaal Peterson Exhibition

Buley Art Gallery - Ground Floor

Now on view, current works by artists Donald Guevara and Jamaal Peterman.

Sponsored by: Buley Library

Monday, October 7th

11:00am - 12:00pm

Study Spot Cafe

Adanti Student Center Room 217

Commuter Services invites you to The Study Spot Cafe for a quiet study session. Commuter Assistants greet you with coffee, snacks, and a contract. Complete everything on your contract, you will be entered for a chance to win a Southern gift basket.

Sponsored by: Commuter Services for Academic Check-In Week (Part One)

12:30pm - 2:30pm

Pizza and Programs (Special Education, Elementary Education, Early Childhood and Bilingual)

Davis Hall Room 223

Come and meet faculty, ask questions, see some of our programs in action (photos) and have some pizza!

Sponsored by: The Education Department

1:00pm - 2:00pm

Student Government Association

Adanti Student Center Room 217

Come by and visit to see what Student Government Association is all about! Feel free to come with any questions!

Sponsored by: Student Government Association

1:00pm - 2:00pm

ProCon Pizza Day!

Adanti Student Center Theater

Head to the theater to grab some pizza, participate in some fun activities and

learn all about ProCon!

Sponsored by: Programs Council

1:00pm - 2:00pm

PEP Talk: Grilling Up Success - One Entrepreneur's Recipe - RSVP HERE School of Business Room 122

Want to work for yourself? Come hear how it's done with Michael Wales, Grill Daddy Founder and CEO! A RSVP on OwlConnect is required for this program.

Sponsored by: The School of Business Professional Enrichment Platform

12:00pm - 4:00pm

Mental Health First Aid, Part One - RSVP HERE

Adanti Student Center Room 326

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. All students, faculty, and staff are welcome to participate. Please sign up and RSVP through OwlConnect beforehand!

Note: It is required that participants are able to attend both the Part One date on Oct. 7 and the Part Two date on Oct. 9!

Sponsored by: The Wellbeing Center

7:00pm - 9:00pm

Study with Beta Nu!

Adanti Student Center

Whether you're preparing for exams, working on a project, or just need a quiet place to focus, this is a great opportunity to build better study habits, support each other, and demonstrate our commitment to scholarly success. All are welcome!

Sponsored by: Hermandad de Sigma Iota Alpha, Inc. for Academic Check-In Week (Part One)

7:30pm - 9:00pm

Prayer Nights

Adanti Student Center Room 201

Join us for an inspiring and heartfelt evening of prayer at Intervarsity Christian Fellowship prayer night!

Sponsored by: Intervarsity Christian Fellowship

Tuesday, October 8th

9:30am - 10:30am

Commuter's Cup

Engleman Hall Rotunda

Brighten up your morning commute with a refreshing juice giveaway! Join us at the Engleman Rotunda every Tuesday to grab a delicious, healthy juice on your way to class. It's a perfect pick-me-up to kick start your day!

Sponsored by: Commuter Services

10:00am - 11:00am

Pasta Perspectives: Exploring the Business Behind the Craft - RSVP HERE For transportation from campus, contact Amy Grotzke at grotzkea1@southernct.edu.

Join us on a site visit and tour with Southern Business alumnus, Angelo Durante, at his West Haven company, Durante's Pasta. Tour will include seeing how pasta is made, hearing about running a family business, and of course, sampling the product. This exclusive experience has limited spots, so sign up soon!

Transportation available from campus by contacting Amy Grotzke at grotzkea1@southernct.edu.

Sponsored by: The School of Business

11:00am - 12:00pm

Tips & Tricks on Stress Management

Engleman Hall Room D031A

As we are in midterm season, we wanted to provide you with some helpful advice from Dr. Budnick on how to manage stress and burnout. All are welcome!

Sponsored by: The Psychology Club for Academic Check-In Week (Part One)

11:00am - 2:00pm

A Taste of Latin America in Conn Hall

Connecticut Hall

Enjoy a Latin inspired lunch in Connecticut Hall in honor of Hispanic Heritage Month.

Sponsored by: Campus Dining Services

11:30am - 1:30pm

Explore Interdisciplinary Studies: Create your own Major!

Engleman Hall Room B121

Learn how to create a custom degree with IDS! Combine 2-3 academic disciplines forming a major unique to you, your interests, and professional goals! **Sponsored by: Interdisciplinary Studies**

12:00pm - 1:45pm

Office of U.S. Senator Chris Murphy Internship Program Tabling -

Register **HERE**

Engleman Hall Rotunda

Applications are now open for U.S. Senator Murphy's 2025 Internship Program! Abi Dresser, Staff Assistant & Internship Coordinator will be tabling at SCSU to discuss this opportunity on Tuesday, October 8th.

Sponsored by: The Office of Career and Professional Development

12:30pm

LGBTQ+ Sexual Violence Prevention Tabling with Women & Families Center of New Haven

Adanti Student Center Room 235

Learn about the various services provided by the Women and Family Center of New Haven, take from our plethora of resources, and connect with some of the many queer voices and faces from around campus.

Sponsored by: The SAGE Center

12:30pm - 1:30pm

Let's Get Real Drop-In Group

Engleman Hall Room B219

A supportive place to be yourself and discuss personal and college experiences. Make connections, get perspective, and share coping strategies. Let's help each other have a great first semester and deal with any challenges that come up! This event is facilitated by a licensed therapist. For more information contact Elaine at 203-392-5475 or allene4@southernct.edu.

Sponsored by: Counseling Programming and Outreach

Breast Cancer Awareness Walk

The walk will being in front of Buley Library

Join us to remember and celebrate all those affected by breast cancer. This walk not only raises awareness but also stands as a tribute to those who have fought, are fighting, and will fight this battle.

Sponsored by: Residence Hall Association and the Wellbeing Center

2:00pm - 3:00pm

Office of U.S. Senator Chris Murphy Internship Program Tabling -

Register **HERE**

School of Business Main Hallway

Applications are now open for U.S. Senator Murphy's 2025 Internship Program! Abi Dresser, Staff Assistant & Internship Coordinator will be tabling at SCSU to discuss this opportunity on Tuesday, October 8th.

Sponsored by: The Office of Career and Professional Development

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

5:00pm - 7:00pm

Volleyball vs. University of New Haven

Pelz Gymnasium

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

Sponsored by: SCSU Athletics and Recreation

7:00pm - 10:00pm

Question, Persuade, Respond (QPR) Suicide Prevention Training

Adanti Student Center Room 326

Join The Scintillating Sigma Gamma Chapter of Sigma Gamma Rho Sorority, Inc. for a free Suicide Prevention Training during National Depression and Mental Health Screening Month. This training will be instructed by Soror Tishana Williams!

Sponsored by: Sigma Gamma Rho Sorority, Inc.

Wednesday, October 9th

10:00am - 2:00pm

Flu Clinic

Morrill / Jennings Hall Breezeway

Student Health Services is bringing the flu vaccine directly to you this fall semester! Join us for a convenient and quick flu shot. Please remember to bring your insurance card and any prescription (Rx) cards with you to ensure a smooth and efficient process. Don't miss this easy opportunity to stay healthy, see you there!

Sponsored by: Student Health Services

11:00am - 1:00pm

Wellbeing Wednesdays

Engleman Hall Rotunda

Stop by the Wellbeing Table and learn how to thrive as a student!

Sponsored by: The Wellbeing Center

11:00am - 1:00pm

Faith & Storytelling: Share Faiths of Latine / Hispanic Communities - RSVP HERE

Adanti Student Center Room 236

Come and join the Interfaith Center for an event explaining some of the faiths of Latine/Hispanic communities. Bring your stories, faith, beliefs, or folktales from your community and spread the knowledge!

Sponsored by: The Interfaith Center and the Division of Diversity, Equity, and Inclusion

11:00am - 1:00pm

Pumpkin Pursuit: Fall Campus Hunt

Across Campus

Join ProCon for the ultimate fall scavenger hunt! Explore the campus while racing to find hidden pumpkins. Find a pumpkin and head on over to the Office of Student Involvement and Leadership Development (ASC 212) to reveal your prize, all participants are limited to one prize per person!

Sponsored by: Programs Council

12:00pm - 12:30pm

New Club Workshop

Adanti Student Center Room 227

Want to start a new club? Come to this mandatory step one for starting a new club. In this session, you will learn about all of the necessary steps to starting a new club. Please note, that a new club cannot replicate the mission of a currently recognized club. Make sure to look through the list of recognized clubs on OwlConnect to ensure you aren't duplicating an already recognized club.

Sponsored by: The Office of Student Involvement and Leadership Development

12:00pm - 2:00pm

PEP Talk: Creating Your I-Brand with LinkedIn - RSVP HERE

School of Business Room 122

LinkedIn is the 'Facebook' of the business community. Join us to learn more!

Sponsored by: The School of Business Springboard Center

12:00pm - 2:00pm

Commuter Luncheon

Adanti Student Center Ballroom

It's lunchtime! Come join us in the ASC Ballroom to enjoy a delicious meal and meet more fellow commuter Owls!

Sponsored by: Commuter Services

12:00pm - 4:00pm

Mental Health First Aid Part Two - RSVP HERE

Location to be announced

Mental Health First Aid is a course that teaches you how to identify, understand and respond to signs of mental illnesses and substance use disorders. The training gives you the skills you need to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis. All students, faculty, and staff are welcome to participate. Please sign up and RSVP through OwlConnect beforehand! Note: It is required that participants are able to attend both the Part One date on Oct. 7 and the Part Two date on Oct. 9!

Sponsored by: The Wellbeing Center

12:30pm - 1:45pm

Innovation Tea

Jennings Hall Room 108

Join us for some fall serendipi-tea! We are fostering an open event for creative discussion, updates/news, and collaboration. Have something fun to share? Looking for collaborators? Visit the Innovation Hub and share the tea.

Sponsored by: The Innovation Hub

1:00pm

Creative Music Orchestra

Engleman Hall Room C112

Join us for a performance by our talented SCSU students.

Sponsored by: The Music Department

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

5:00pm - 8:00pm

Alpha Sigma Alpha COB Night 2 (Fraternity & Sorority Life Recruitment Event)

Adanti Student Center Room 301

Alpha Sigma Alpha will be holding their second COB night! Everybody who is interested in joining Alpha Sigma Alpha as a COB can attend and take part in the movie night! This is a great opportunity to learn more about Alpha Sigma Alpha and what we stand for all while getting to know our sisters and watch a fun movie!

Sponsored by: Alpha Sigma Alpha Sorority

7:00pm - 8:00pm

Vision Boards with the SIA's

Adanti Student Center Room 305

Join the Hermanas of the Beta Nu chapter for a fun and creative evening where we'll craft vision boards to reflect our personal and professional goals. Bring your dreams, support each other, and let's manifest our best selves together. Come ready to inspire and be inspired!

Sponsored by: Hermandad de Sigma lota Alpha, Inc.

7:00pm - 9:00pm

Women's Soccer vs. American International College

Jess Dow Field

Cheer on the Owls as they take on American International College

Sponsored by: SCSU Athletics and Recreation

7:30pm

Latin Jazz, Jazz Standards, & Blues Ensemble Performance

Engleman Hall Room C112

Hear SCSU students perform as part of the Jazz Standards and Latin Jazz Ensembles.

Sponsored by: The Music Department

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, October 10th

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

Coming Out: Practice Makes Perfect

Adanti Student Center Room 235

A pre-celebration of National Coming Out Day! Learn more about what "coming out" means to others while showing them your support.

Sponsored by: The SAGE Center

11:00am - 1:00pm

Clothesline Project

Conn Hall Side Lawn

Join VPAS in making T Shirts with words of encouragement for survivors of abuse while also enjoying free goodies!

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

11:00am - 2:00pm

CVS Health / Aetna Resume Rally - Register HERE

School of Business Room 201

Recruiters will help you perfect your resume and chat about internship and job opportunities - don't miss out! You may register for the 11:00 AM session or 1:00 PM session.

Sponsored by: The Office of Career and Professional Development

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

1:00pm

Coming Out: Practice Makes Perfect

Adanti Student Center Room 235

A pre-celebration of National Coming Out Day! Learn more about what "coming out" means to others while showing them your support.

Sponsored by: The SAGE Center

3:00pm - 7:00pm

Graduate Open House

Adanti Student Center Ballroom

Join us to explore your program of interest. Meet individually with graduate faculty, staff, and graduate students committed to helping you achieve your personal and professional aspirations, plus, interact with distinguished faculty and admissions representatives.

Sponsored by: The School of Graduate & Professional Studies

4:00pm

Coming Out: Practice Makes Perfect

Adanti Student Center Room 235

A pre-celebration of National Coming Out Day! Learn more about what "coming out" means to others while showing them your support.

Sponsored by: The SAGE Center

4:00pm - 5:00pm

Navigating the Challenges of Graduate School Panel Event

Adanti Student Center Room 309

Are you ready to embark on your graduate school journey and make the most of your time here? Join us for an engaging and insightful panel event during the Graduate Open House, where current grad students from a variety of programs will share their experiences and tips on thriving in grad school.

Sponsored by: The School of Graduate & Professional Studies

5:00pm - 7:00pm

The Thrifty Owl

North Campus Midrise Game Room

Our free re-use store powered by student donations! All students can visit the Thrifty Owl to shop for free dorm, school, and kitchen supplies.

Sponsored by: The Sustainability Office

Friday, October 11th

9:00am - 5:00pm

Fall Forum - Lost Voices: Women Philosophers and Scientists from Traditions Around the World

Adanti Student Center Room 301

World-renowned scholars will discuss some of history's lesser-known and noncanonical thinkers, including social and political conditions that prevented their ideas from being recognized, and ideas for diversifying contemporary curricula to include non-canonical and non-Western sources.

Sponsored by: SCSU Faculty Development, The SCSU Department of Philosophy, The Center for the History of Women Philosophers and Scientists (Paderborn, Germany), and The Research Center for Women in Philosophy Croatia

11:00am - 12:30pm

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

11:00am - 1:00pm

National Coming Out Day Celebration

Academic Quad

This day aims to raise awareness about the struggles faced by the LGBTQ+ community and to promote acceptance and equality and serves as a reminder of the importance of visibility in fostering understanding and support for LGBTQ+ rights.

Sponsored by: The SAGE Center and the Division of Diversity, Equity, and Inclusion

11:30am - 12:30pm

La Fe Bible Study

Adanti Student Center Room 217

We are excited to invite you to dive into scripture with the Latinx Community on campus!

Sponsored by: InterVarsity Christian Fellowship

Saturday, October 12th

9:00am - 11:00am

Men's & Women's Club Volleyball Scrimmage

Pelz Gym

Cheer on the Owls as they take on Connecticut College!

Sponsored by: SCSU Athletics and Recreation

2:00pm - 4:00pm

Men's Soccer vs. Franklin Pierce University- Celebration of Life

Jess Dow Field

Cheer on the Owls as they take on Franklin Pierce University!

Sponsored by: SCSU Athletics and Recreation

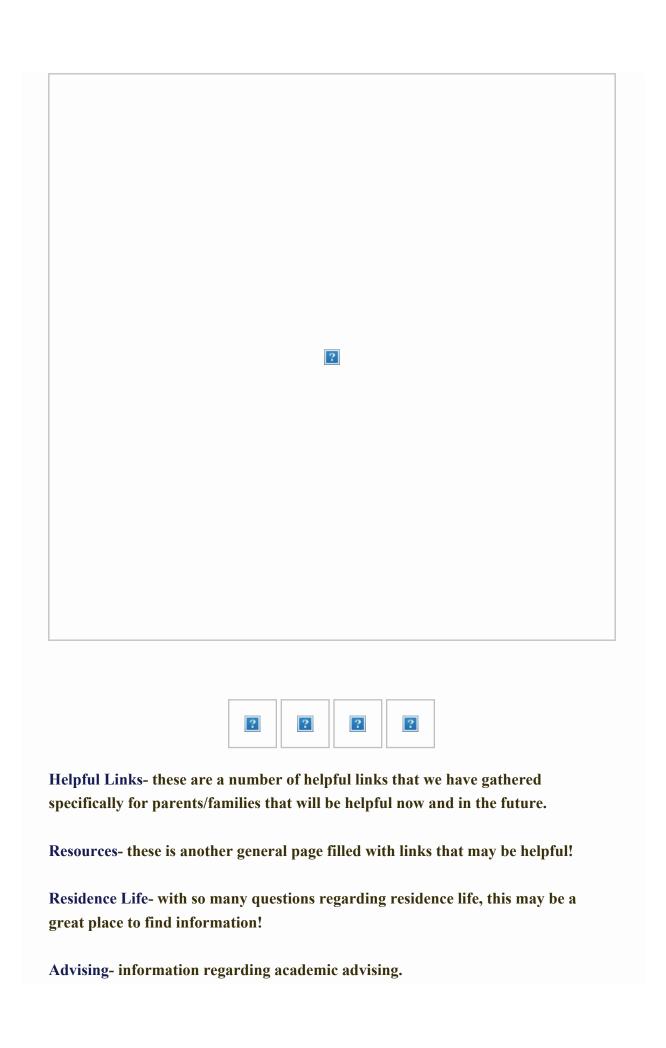
Sunday, October 13th

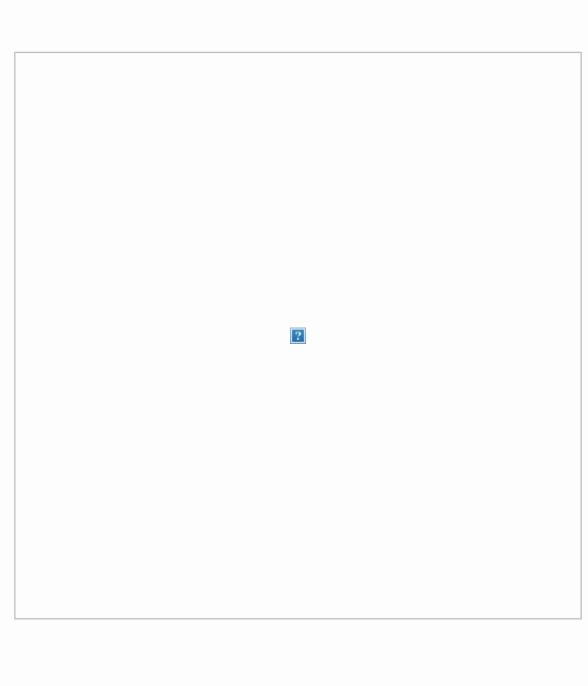
7:00pm - 10:00pm

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!





orientation@southernct.edu 203.392.5168

501 Crescent Street 06515,New Haven

Un subscribe