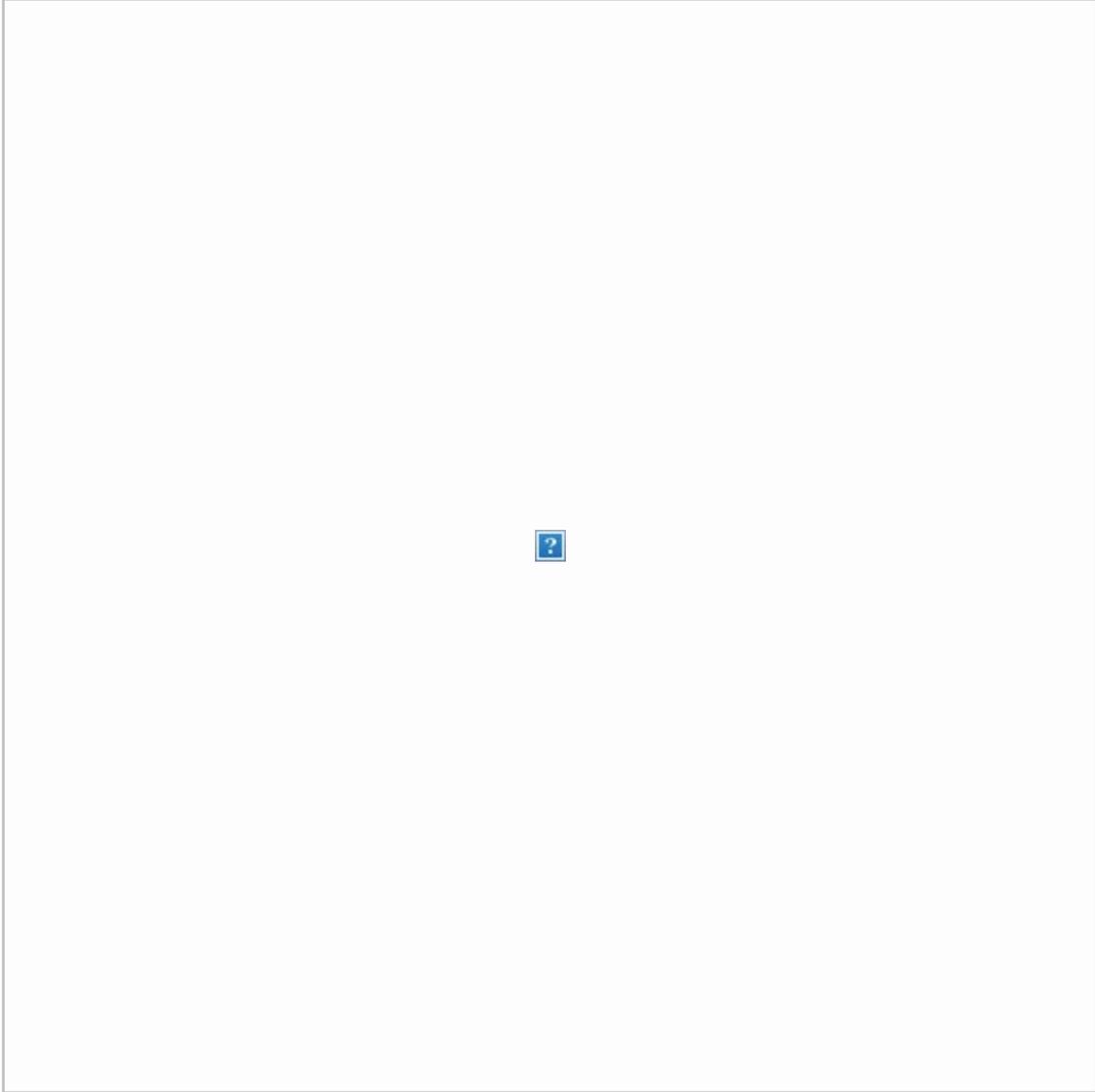


From: [Sal Rizza, Director of OTEE](#)
To: [Rizza, Salvatore A.](#)
Subject: Owl Family Update: Week 10
Date: Monday, October 28, 2024 5:45:39 PM



Family Update: October 28, 2024

This email contains the following:

Message from the Director of Orientation, Transition & Family Engagement

- Weekly Feature
 - News and Notes
 - This Week at Southern
 - Resources
-





Dear Families,

As we begin Week 10, it's a great time to check in on how students are feeling. Earlier, I met with a student overwhelmed by personal, academic, and social challenges. They were struggling, not sleeping well, and feeling stressed—a common experience for many students.

Here are three tips to help your student manage stress and focus on wellness:

1. Promote Healthy Sleep

Remind students to prioritize rest, especially before exams. It can make a big difference in how they feel.

2. Normalize Asking for Help

Encourage them to reach out to campus resources like counseling or academic support—it's a positive step toward self-care.

3. Encourage Balanced Eating and Exercise

Help students set small, achievable goals like keeping healthy snacks handy or finding a fitness activity they enjoy.

Offering gentle reminders can help them stay on track with their well-being.

Sincerely,

Sal Rizza

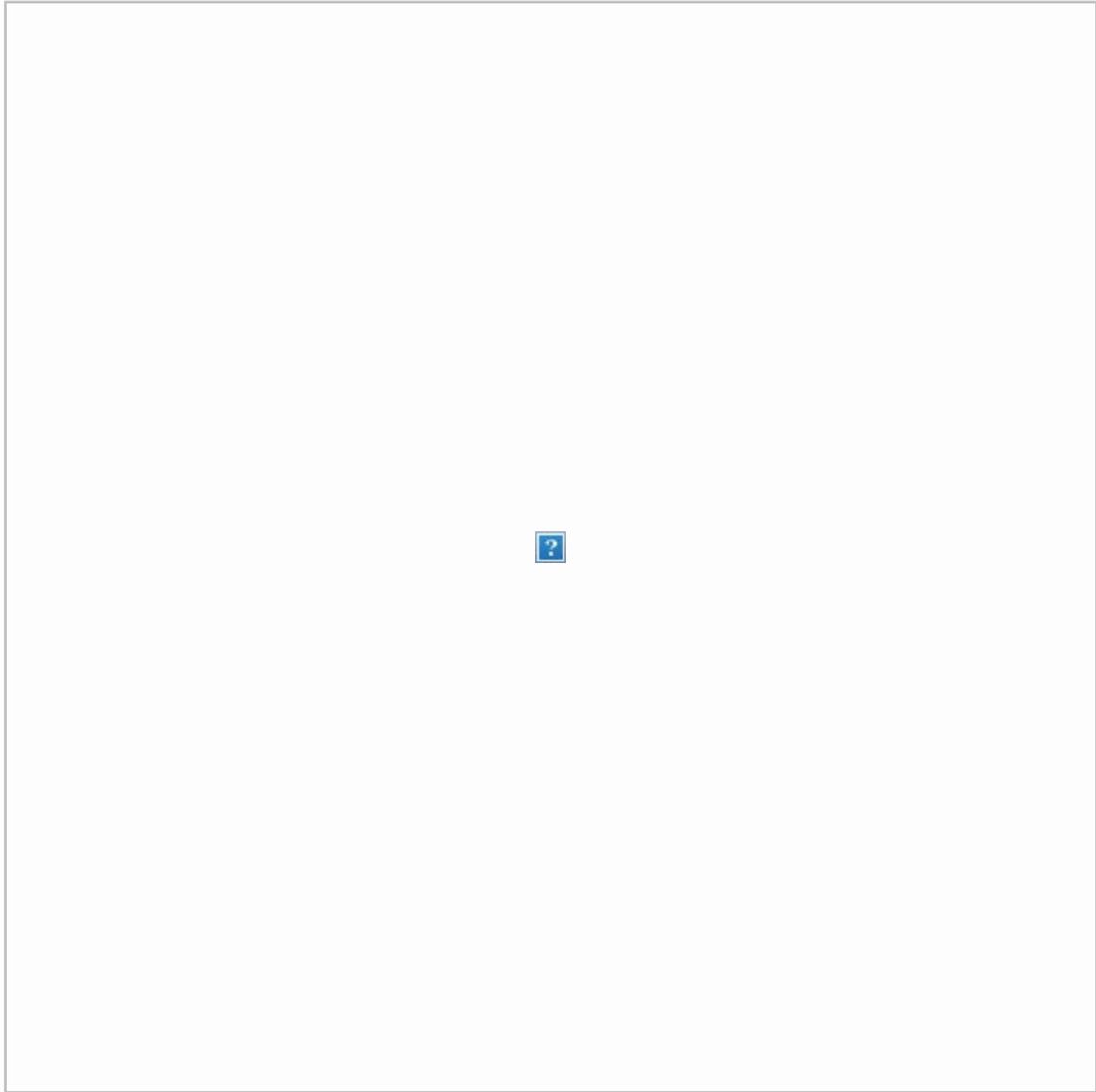
Director of Orientation, Transition & Family Engagement



An Evening with Olympic Gold Medalist **Alexis Holmes**

Olympic track and field gold medalist Alexis Holmes, a native of Hamden, Conn., returns home with her medal from the Paris 2024 Olympics and sits down for a public conversation at Southern Connecticut State University's Lyman Center on the evening of October 30, 2024.

Tickets and Information.





Email from the Registrar's Office to Students. Please encourage your students to meet with their advisors as soon as possible to prepare for their registration day!

Spring registration opens on November 4, 2024!

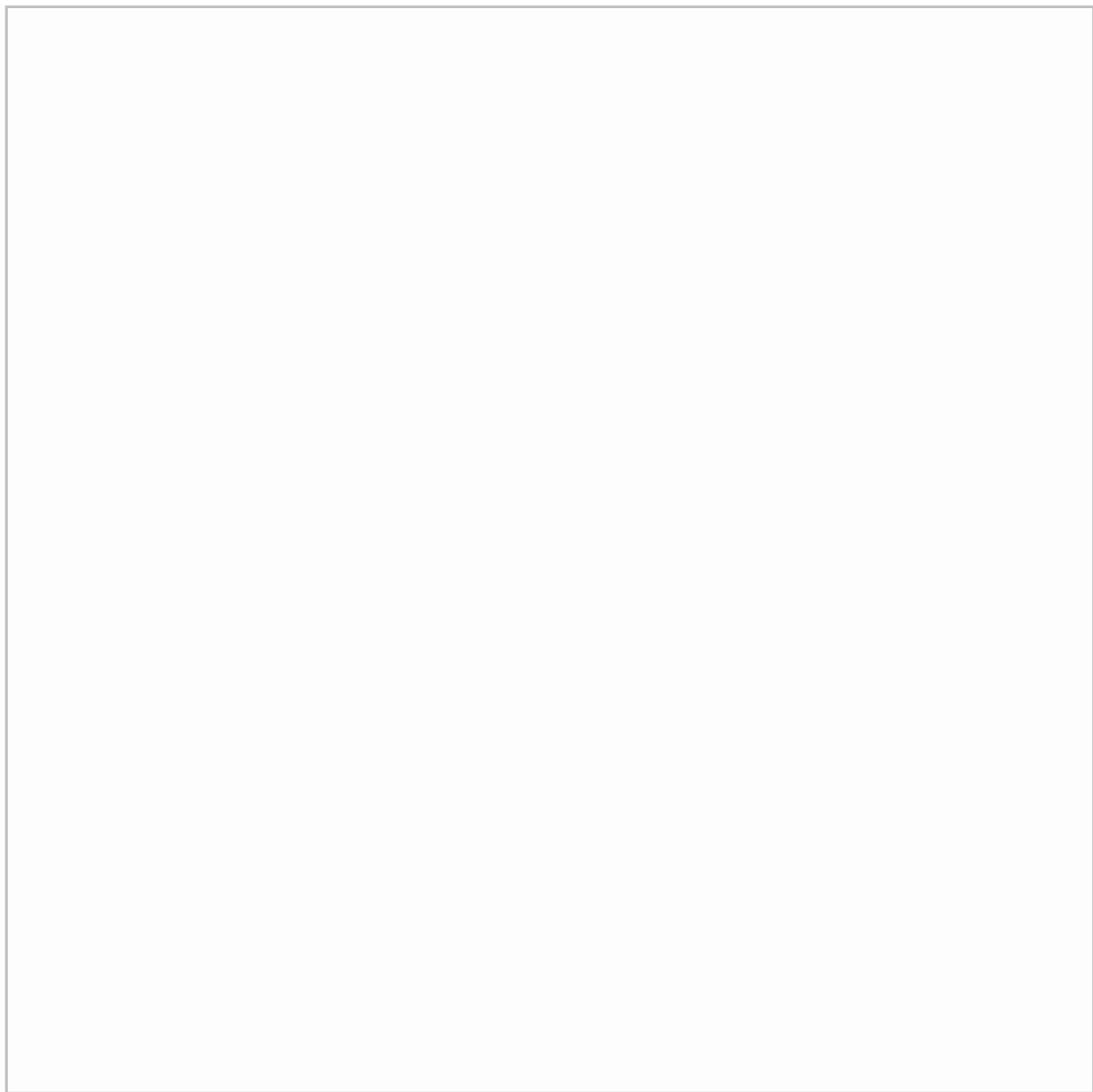
To find your specific registration date and time, [click here](#).

You can access the Spring Registration Checklist by clicking the image below,

where you'll find helpful information on planning your schedule, obtaining your PIN, and checking for any holds that could affect your registration.

Spring Priority Registration Dates

- November 4, 2024 (Graduates)
- November 4, 2024 (Post-baccalaureates)
- November 6, 2024 (Seniors)
- November 11, 2024 (Juniors)
- November 13, 2024 (Sophomores)
- November 19, 2024 (Freshmen)
- November 20, 2024 (Non-Degree Grads)
- November 25, 2024 (All Students)



This week is Healthy Balance Week!

This week is a vibrant celebration dedicated to promoting wellness and balance in all aspects of student life! Immerse yourself in a series of engaging workshops, activities, and discussions designed to foster physical, mental, and emotional well-being!

Trip Alert!

Friday, November 1st

7:00pm - 10:00pm

UAP Bus Trip to Cirque Kalabante

Purchase tickets at the UAP Office - ENG B018

We are excited to share an opportunity to join us for an exciting evening at Shubert Theater in New Haven on November 1st to see Cirque Kalabante! This is a fantastic chance to experience a captivating performance with your peers.

Optional bus transportation is available. Please stop by the University Access Programs office in ENG B018 to purchase your \$10 ticket!

Sponsored by: University Access Programs

Full Calendar:

Southern Connecticut State University Celebrates LGBTQ+ History Month. Click [HERE](#) to view all upcoming events!

Tuesday, October 29th

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 kickstart your day!

Sponsored by: Commuter Services

11:30am - 1:00pm

Italian at SCSU Drop-In Advising

Engleman Hall Rotunda

Got Italian Dreams? Let's Make Them Reality! From placement questions to study abroad plans and scholarships - we've got answers. Drop in!

Sponsored by: The Department of World Languages and Literatures

11:30am - 1:30pm

Tune Up Tuesday

Connecticut 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 Healthy Balance Week

12:00pm - 1:00pm

Commuter Creates

Adanti Student Center Room 217

Join us for our weekly painting event, where we explore a new theme each week! Don't miss out on the creative fun!

Sponsored by: Commuter Services

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 for Healthy Balance Week

2:00pm - 2:45pm

Yoga by the Science Building Rock Garden

Academic Science Building and Lab Building Rock Garden

Relax and wind down with the Earth Science Club and Dr. Rumrill for 30 minutes of novice yoga by the rock garden!

Sponsored by: The Earth Science Club for Healthy Balance Week

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

4:00pm - 6:00pm

Women's Soccer vs. Mercy University

Jess Dow Field

Cheer on the Owls as they take on Mercy University!

Sponsored by: SCSU Athletics and Recreation

5:00pm - 7:00pm

Volleyball vs. Franklin Pierce University

Pelz Gymnasium

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

Sponsored by: SCSU Athletics and Recreation

6:00pm - 7:30pm

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

6:00pm - 8:00pm

Think Pink: Breast Cancer Awareness

Adanti Student Center Room 201

Join us for Think Pink: Breast Cancer Awareness, an empowering and educational event focused on raising awareness about breast cancer.

Sponsored by: Zeta Phi Beta Sorority, Inc., Sigma Gamma Rho Sorority, Inc., and Hermandad de Sigma Iota Alpha Incorporada

7:00pm - 9:00pm

Cereal Killer Extravaganza

Farnham Programming Space

Dress up as your favorite cereal mascot or go full "cereal" killer with a creative twist! Indulge in cereal-related games, treats, and prizes! Join us for a night of sweet, crunchy fun at the Cereal Killer Extravaganza, where the only thing you'll be slaying is your appetite!

Sponsored by: Programs Council

7:00pm - 9:00pm

Men's Soccer vs. Molloy University

Jess Dow Field

Cheer on the Owls as they take on Molloy University!

Sponsored by: SCSU Athletics and Recreation

8:00pm - 11:00pm

TKE Halloween Party

Adanti Student Center Theater

Celebrate Halloween at SCSU with Tau Kappa Epsilon! There will be games, food, drinks, and a costume contest!

Sponsored by: Tau Kappa Epsilon Fraternity

Wednesday, October 30th

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 for Healthy Balance Week

12:30pm - 2:00pm

Innovation Tea

Jennings Hall Room 108

Share with the Innovation Hub what you're researching, upcoming events, or just enjoy some coffee, tea and relax!

Sponsored by: SCSU Innovation Hub

1:00pm - 2:00pm

Gearing Up for Election Day

Buley Library Ground Floor

Become more empowered to exercise your right as an engaged member of the voting community. Join Professors Jonathan Wharton and Tess Marchant-Shapiro for a discussion about the upcoming general election.

Sponsored by: The Political Science Department

1:00pm - 2:00pm

PEP Talk: The Accounting Roundtable - Ask the Accountants - RSVP [HERE](#)

School of Business Room 122

Every business needs an accountant! Join us this week to grab lunch and learn more!

Sponsored by: The School of Business and the Accounting Society

1:00pm - 2:00pm

Commuter Crew

Adanti Student Center Room 217

Join Commuter Services for food and fun activities with the amazing Commuter Assistants!

Sponsored by: Commuter Services

2:00pm - 3:00pm

Day of the Dead Celebration

Adanti Student Center Room 217

Join us in the Resource Room for a vibrant Day of the Dead celebration! Immerse

yourself in the rich traditions of this Mexican holiday with delicious Mexican snacks, drinks, and watch a Day of the Dead-themed movie to set the festive mood.

Sponsored by: Programs Council

2:00pm - 3:00pm

Spooky Crimes and Mysterious Mind Jeopardy

Adanti Student Center Room 326

Whether you're a true crime fanatic or just love a good horror movie, this event is for you. Teams of three will battle it out, and each person in the winning group will score an Amazon gift card! Plus, everyone who comes will walk away with a Halloween goodie bag filled with treats. Get ready for an afternoon of thrilling trivia, fun competition, and Halloween treats!

Sponsored by: The Sociology and Criminology Club

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..

Sponsored by: InterVarsity Christian Fellowship

4:00pm - 6:00pm

Breast Cancer Awareness Fair

Adanti Student Center - outside of the Theater

The 2nd Annual Breast Cancer Awareness Fair is a collaborative event across multiple organizations. The goal of our event is to bring awareness to Breast Cancer by having survivors share their stories, educate students on how to give themselves self-breast exams, and provide reliable resources to screenings in our community.

Sponsored by: SISTAS, Sigma Gamma Rho Sorority, Inc., Zeta Phi Beta Sorority, Inc., Hermandad de Sigma Iota Alpha, Inc., African Students Association, Black Student Union, Asian Culture Society, OLAS, Caribbean Student Association, F.A.C.E. Models, and BROSE

6:30pm - 7:30pm

Guiding Eyes Puppy Raising: Halloween Celebration

Adanti Student Center Room 326

Come and join Justice for a Halloween celebration! Wear a festive outfit or costume, and enjoy themed snacks.

Sponsored by: Guiding Eyes Puppy Raising @ SCSU

7:00pm

An Evening with Olympic Gold Medalist Alexis Holmes - Purchase tickets [HERE](#)

The Lyman Center

Olympic track and field gold medalist Alexis Holmes, a native of Hamden, Connecticut., returns home with her medal from the Paris 2024 Olympics and sits down for a public conversation at Southern's Lyman Center.

Sponsored by: The Lyman Center and Southern Connecticut State University

7:00pm - 10:00pm

Fright Fest

Engleman Hall Room C112

Join the brothers of Iota Phi Theta Fraternity, Inc. for a spooky evening where you can relax, enjoy some great food, and connect with the community in a laid-back, festive atmosphere.

Sponsored by: Iota Phi Theta Fraternity, Inc.

7:30pm - 9:00pm

Masquerade Madness

Adanti Student Center Room 217

Join Phi Beta Sigma Fraternity, Inc. for a costume contest!

Sponsored by: Phi Beta Sigma Fraternity, Inc.

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

8:00pm - 10:00pm

Virtual Survey Says

Online – RSVP [here](#) to receive link.

You've seen Family Feud, but now it's time to play our virtual version of the hit show! Join up with some friends or join a team on your own. Play for your chance at some wonderful prizes! RSVP on OwlConnect and you will receive a link to the event via email prior to the event. We will see you there!

Sponsored by: Programs Council

Thursday, October 31st

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

11:00am - 1:00pm

Safe Partying Tabling

Buley Patio

Join VPAS in some games to learn tips and tricks to ensure safe partying 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

1:00pm - 2:00pm

Religiously Queer: Exploring the Intersection of Sexuality & Religion

The Interfaith Center - ASC 236

Join us and explore the intersections of identity and religion. During this event, attendees will hear from former student, Kyle Magri, as he discusses his experiences finding queerness in faith.

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

Friday, November 1st

12:30pm - 2:00pm

Leadership Luncheon - Bridging the Divide: The Power of Civil Dialogue - [RSVP HERE](#)

Adanti Student Center Room 217

Join us for a timely panel discussion on fostering meaningful conversations across diverse perspectives. We'll explore the importance of respectful, productive dialogue in building our capacity to understand others. Please RSVP for this event as lunch will

be served!

Sponsored by: The Office of Student Involvement and Leadership Development and Student Government Association

4:30pm - 6:00pm

Shabbat

The Interfaith Center - ASC 236

Come join Hillel for Shabbat every Friday throughout the semester!

Sponsored by: Hillel

5:00pm - 8:00pm

Women's Swimming & Diving vs. CCSU and Wagner College

Hutchinson Natatorium

Cheer on the Owls as they take on Central Connecticut State University and Wagner College!

Sponsored by: SCSU Athletics and Recreation

6:00pm - 9:00pm

Field Hockey vs. Mercy University

Jess Dow Field

Cheer on the Owls as they take on Mercy University!

Sponsored by: SCSU Athletics and Recreation

7:00pm - 10:00pm

UAP Bus Trip to Cirque Kalabante

Purchase tickets at the UAP Office - ENG B018

We are excited to share an opportunity to join us for an exciting evening at Shubert Theater in New Haven on November 1st to see Cirque Kalabante! This is a fantastic chance to experience a captivating performance with your peers. Tickets are available for all Southern students starting on October 15th and optional bus transportation is available. Please stop by the University Access Programs office in ENG B018!

Sponsored by: University Access Programs

8:30pm - 11:30pm

LGBTQIA+ Prism Halloween Party!

Farnham Programming Space

Come join the members of LGBTQIA+ Prism for a fun night of games, candy, good music, and great company! Costumes are optional but highly encouraged.

Sponsored by: LGBTQIA+ Prism

Saturday, November 2nd

1:00pm - 4:00pm

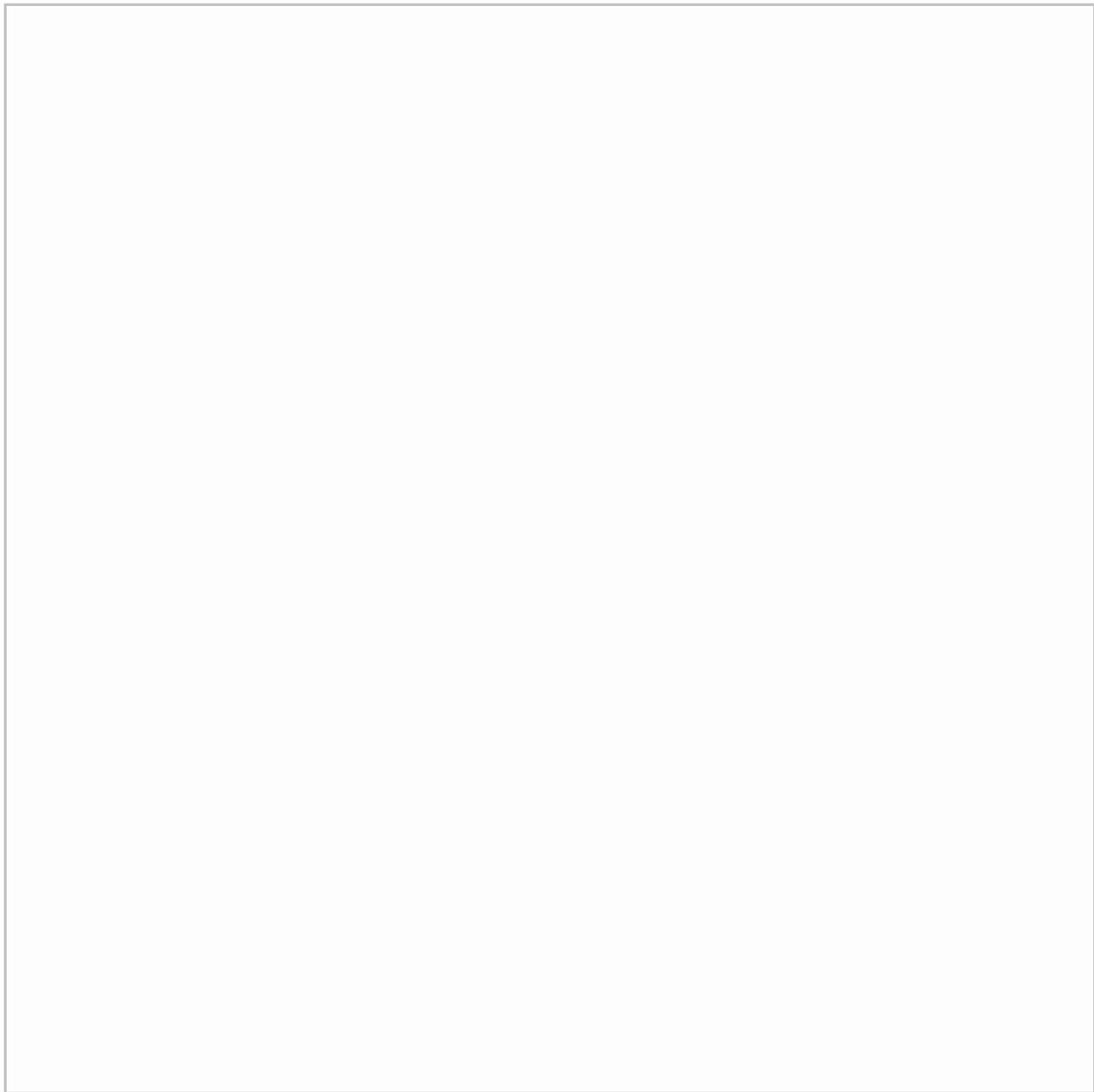
Football vs. Pace University, Senior Day & Military Appreciation Game!

Jess Dow Field

Cheer on the Owls as they take on Pace University, celebrate Senior Day, and appreciate the military for their service!

Sponsored by: SCSU Athletics and Recreation

Daylight Savings Time Ends – You gain an extra hour of sleep!

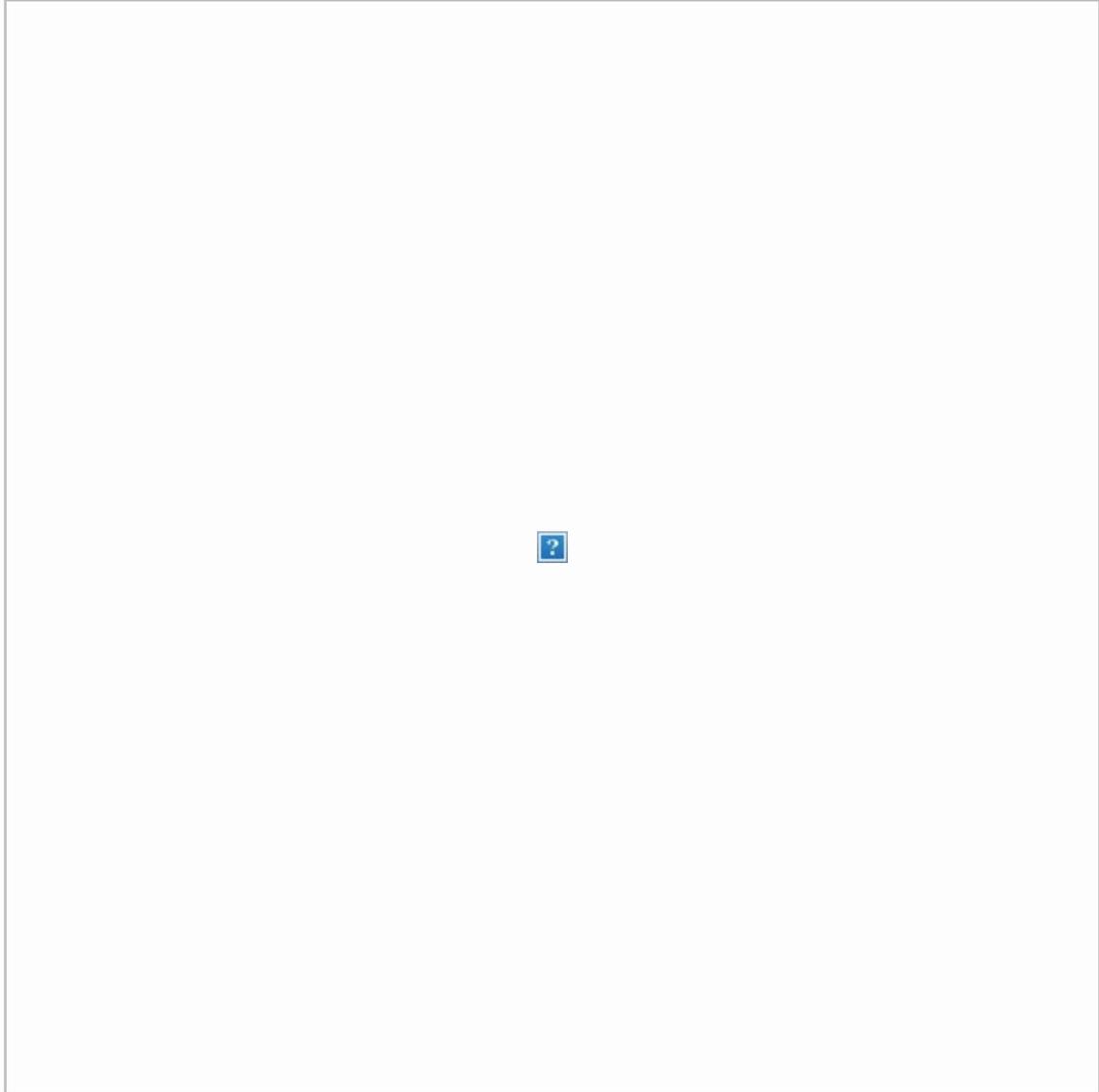


Helpful Links- these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

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

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06515, New Haven

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