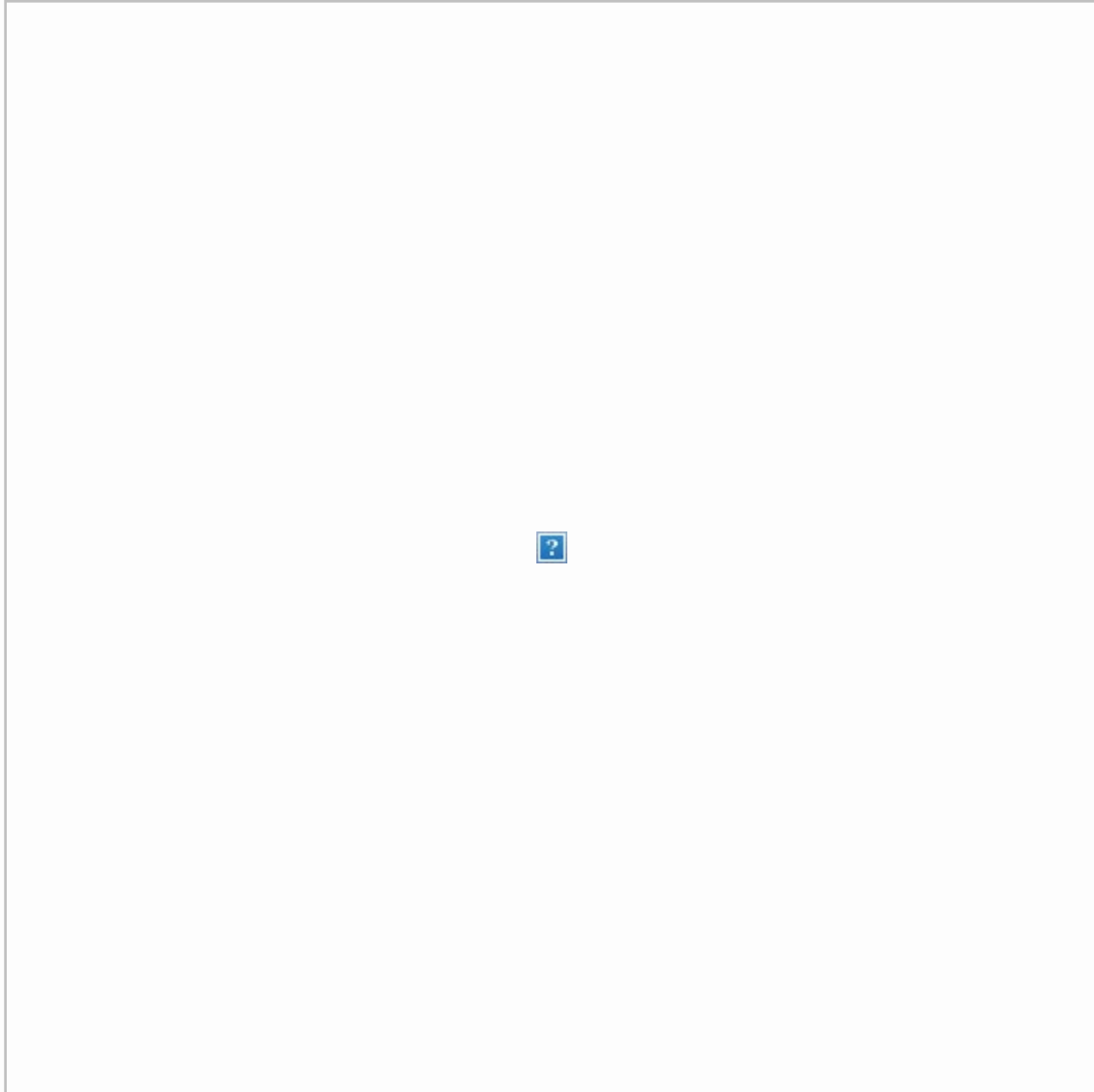


**From:** [Sal Rizza, Director of OTEE](#)  
**To:** [Rizza, Salvatore A.](#)  
**Subject:** Owl Family Update: Final Push  
**Date:** Monday, December 2, 2024 5:17:42 PM

---



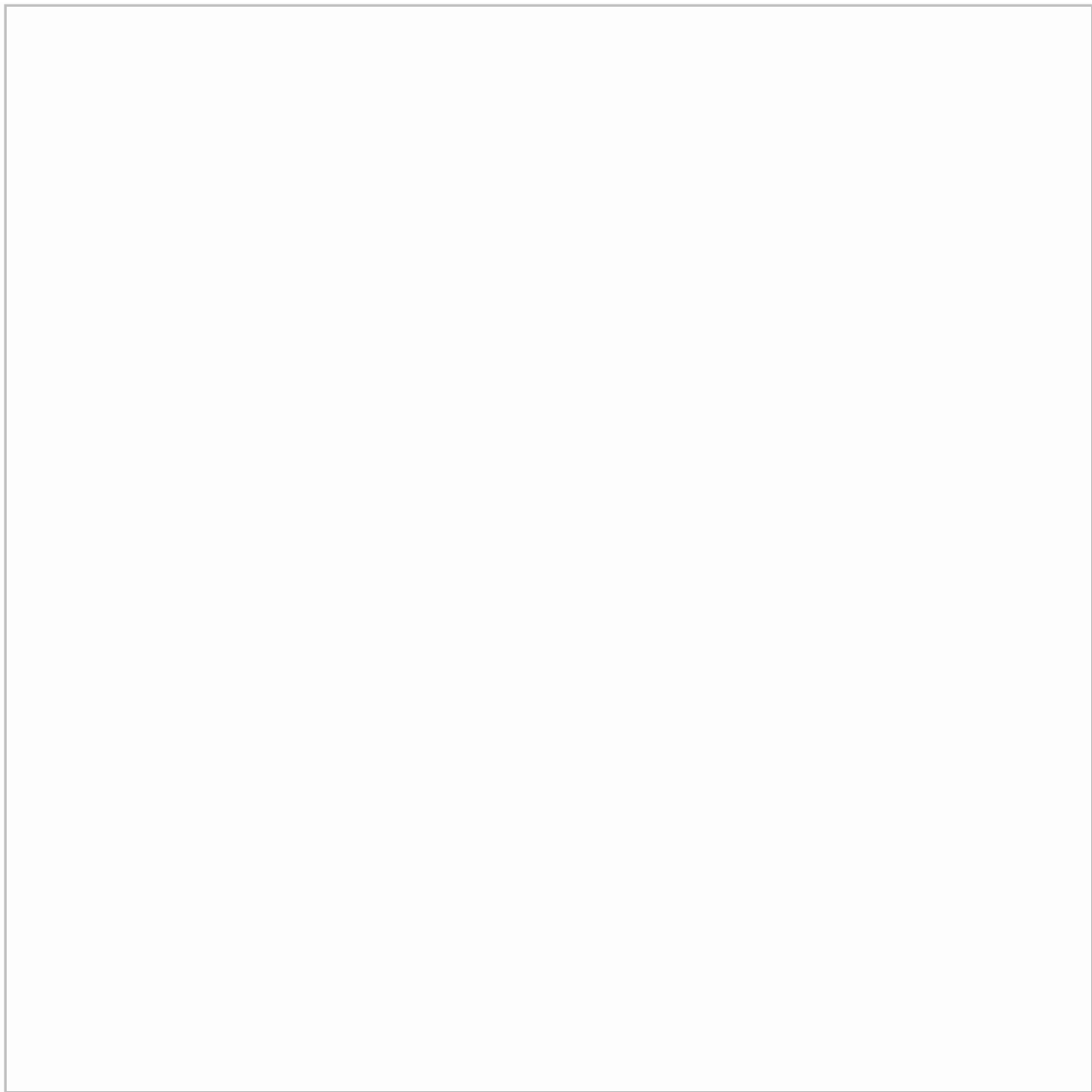
## Family Update: December 2

---

**This email contains the following:**

Message from the Director of Orientation,  
Transition & Family Engagement

- Weekly Feature
    - Center of Academic Success and Accessibility Services
  - News and Notes
    - Inclement Weather and Southern Alert
  - This Week at Southern
  - Resources
-



Dear Owl Families!

This week's email will be completely focused on how to support your students as they head into the final two weeks of the semester. This week is the final week

of classes, and next week will be finals week.

Here are some important tips to support students throughout the final weeks of the semester.

1. **Study Spaces-** Provide students with the time, space, and opportunity they need to complete their projects, essays, and study for their exams. Two of the most popular spaces are the library and student center:
  1. [Library Hours](#)
  2. [Student Center Hours](#)
2. **Academic Success-** Remind them that academic support is available in the Center for [Academic Success and Accessibility Services](#)
3. **Wellbeing-** This can be a very stressful time of year for students, and they may find themselves battling colds or other ailments. Please make sure your students are aware of the support available if they struggle with mental health or if they are feeling ill through our [Wellbeing Center](#).
4. **Other Supports-** If they are “stuck” and aren’t sure where to turn, encourage them to reach out to the many individuals who are here to help, such as Peer Mentors and INQ Professors for first-year students, Residence Life staff for residential students, coaches for athletes, Access Program Advocates for students connected to the access programs. All students have faculty advisors, and the list goes on! And please know that my office (third floor of Buley Library) is always available as well.
5. **Finals Week** begins on Monday, December 9<sup>th</sup> and concludes on Friday, December 14<sup>th</sup>.
  1. The [Final Exam schedule](#) varies from a student’s current course schedule. They should visit <https://inside.southernct.edu/scheduling/final-exams> to make sure they know exactly when their final exams will be held and, MORE importantly, should be reviewing their syllabus as well as connecting with their professors if they have questions.
  2. If a student has three exams on one day (which occasionally happens), they should notify their professor.

Later this week, I'll be sharing information regarding the Residence Hall winter closing and more.

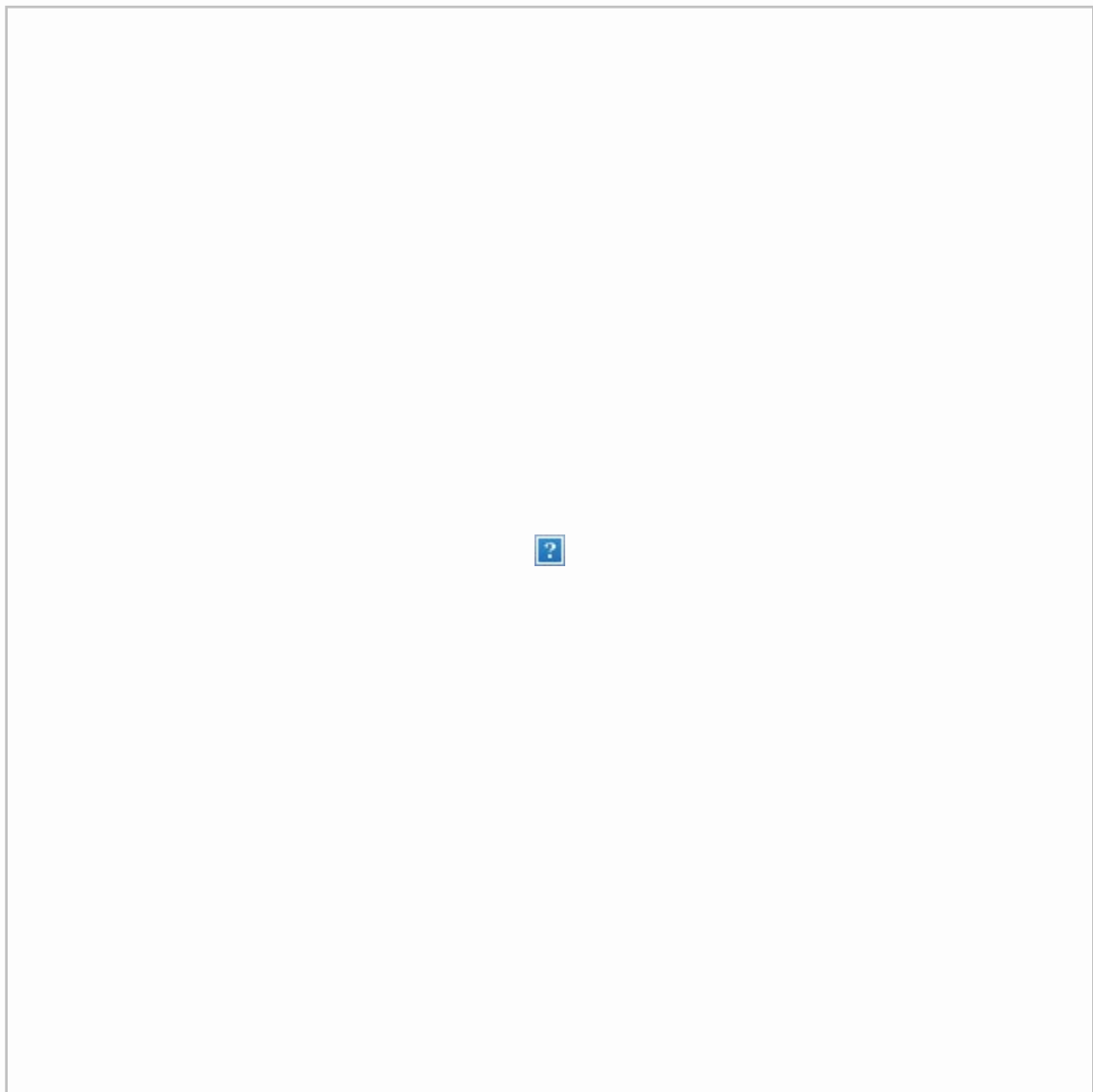
We wish your students luck and please feel free to contact our office if we can

be of support to you.

Sincerely,

Sal Rizza

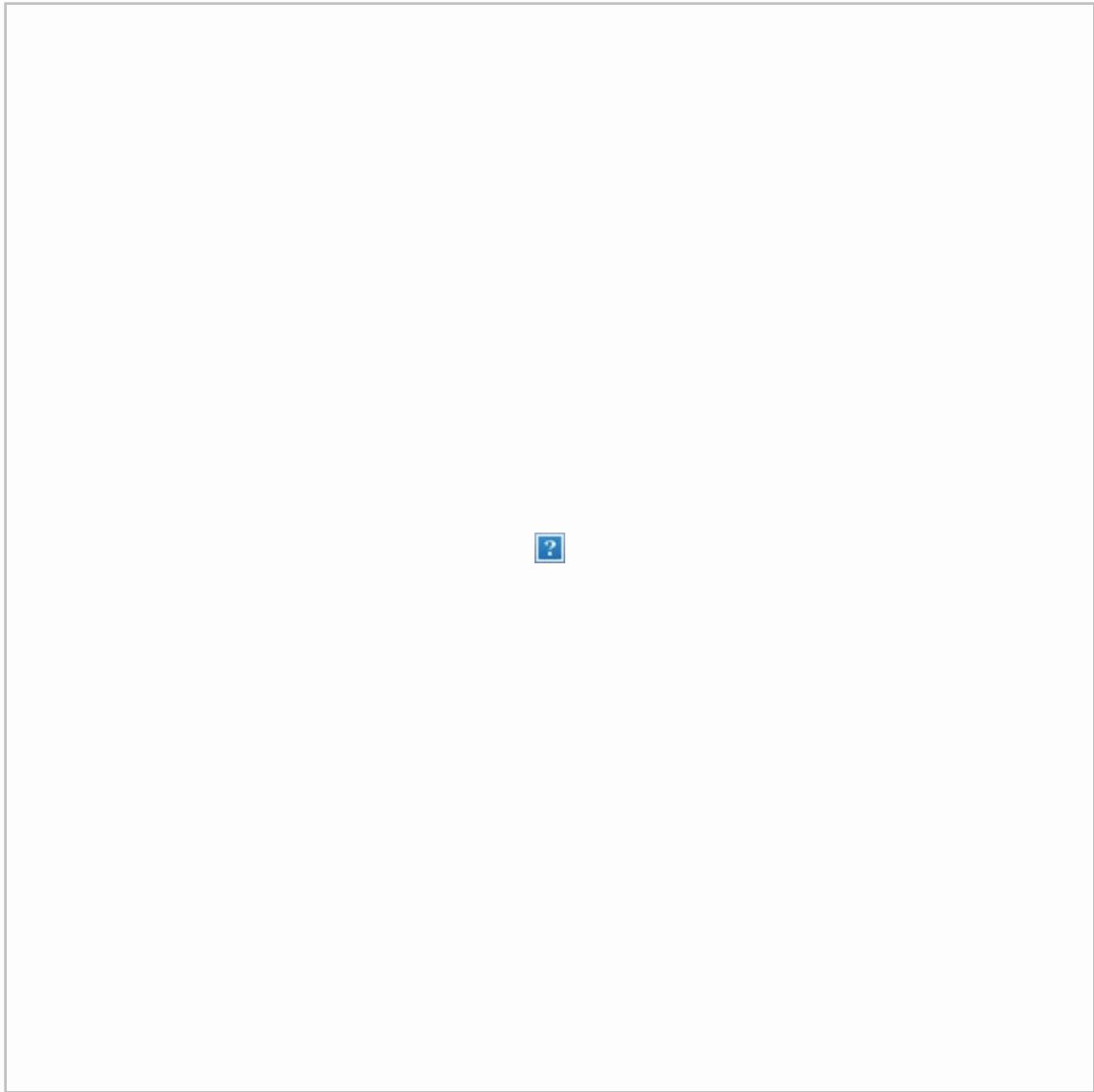
Director of Orientation, Transition & Family Engagement





Recently, there have been a number of questions on the Family Facebook Page regarding academic support. The Center for Academic Success and Accessibility Services located on the 3rd floor of Buley Library is an amazing resource. There are hundreds of tutors and academic specialists available for students. The center also oversees all accommodations students receive for disabilities. Please take a moment and review the [website](#) for an overview of everything they do! The CASAS team, under the leadership of their director Dr. Katie De Oliveira, is committed to helping students achieve their goals.

Students can make an appointment online by visiting SSC Navigate in MySCSU, calling the center, or simply coming to the 3rd floor of Buley Library.



### **Inclement Weather Plan**

Please make sure your students are aware of how the university communicates in the event of [inclement weather](#).

If your students have not completed the registration for [Southern Alert](#), please encourage them to do so!



### **This week is Post-Thanksgiving Push!**

Welcome back to campus, Owls! As the final stretch of the fall semester begins, be sure to plan ahead for upcoming exams and projects while also taking care of yourself! By setting priorities and creating study habits, you will navigate this week with confidence and success. On campus resources are always available to support and help you thrive.

### **Signature Events:**

**Monday, December 2nd**



1:00pm - 3:00pm

**College Play Plan: Monday “Me Day”**

Health and Human Services Room REC 116

Join SCSU’s Institute for Adapted Sport and Recreation and create your own final exam self-care package!

**Sponsored by: SCSU Institute for Adapted Sport and Recreation for Post Thanksgiving Push Week**

**Wednesday, December 4th**

11:00am - 2:00pm

**ProCon’s Holiday Bash!**

Adanti Student Center Ballroom

Join ProCon for our annual holiday bash! We will have gingerbread houses, giant sleighs, cookie decorating, reindeer racing, over 100 gifts, snacks, games and more! This is one event you will not want to miss.

**Sponsored by: Programs Council**

1:00pm - 2:00pm

**Promise Scholars Vision Boards**

Engleman Hall Zen Den - ENG D062

Join University Access Programs and set your intentions, visualize your goals, and create a roadmap for success in the upcoming semester.

**Sponsored by: University Access Programs for Post Thanksgiving Push Week**

**Thursday, December 5th**

12:15pm - 1:00pm

**Mindful Meditation Series**

RecFit Center

Join APRN Nurse Linda from Health Services, for her mindfulness meditation series and take an hour to decompress and reconnect. Embrace the power of stillness and find your calm!

**Sponsored by: SCSU Athletics and Recreation, Health Services for Post Thanksgiving Push Week**

2:00pm - 3:00pm

**Final Stretch Self-Care**

Adanti Student Center Room 306

Come join the Social Work Organization for a deep breath before finals. Have fun and enjoy some food!

**Sponsored by: The Social Work Organization for Post Thanksgiving Push Week**

## **Full Calendar:**

### **All Week**

#### **On With the Show: Celebrating the Crescent Players at 70!**

Buley Library Ground Floor

Every season since 1954, numerous student productions and collaborations with SCSU's Theatre Department have occurred thanks to the Crescent Players. The exhibit emphasizes the talent at Southern through photographs of performances, costume and set design, and programs.

**Sponsored by: Buley Library**

#### **Art and Design Faculty Show**

Buley Art Gallery - Ground Floor

The Art and Design 2024 Faculty Exhibition is now open in the Buley Art Gallery. Open Monday-Thursday, 11:00am - 4:00pm. Works on view include a diverse array of 2D and 3D works in a variety of media including painting, printmaking, ceramics, metalwork, graphic design, sculpture, and more.

**Sponsored by: Buley Library and Art and Design Faculty**

### **Monday, December 2nd**

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**

1:00pm - 2:00pm

#### **Lotion Making with ProCon**

Adanti Student Center Theater

Do you love smelling good and hydrated and soft skin? Then make sure you don't miss this event with Programs Council!

**Sponsored by: Programs Council**

1:00pm - 3:00pm

**College Play Plan: Monday “Me Day”**

Health and Human Services Room REC 116

Join SCSU’s Institute for Adapted Sport and Recreation and create your own final exam self-care package!

**Sponsored by: SCSU Institute for Adapted Sport and Recreation for Post Thanksgiving Push Week**

2:00pm - 3:15pm

**Generative AI: A Discussion with Kevin Buehler, Senior Partner at McKinsey & Co. - RSVP [HERE](#)**

Jennings Hall Room 130

Join us in conversation with Kevin Buehler, Senior Partner at McKinsey & Company on the topic of Generative AI and its applications. The discussion will focus on Kevin’s insights on Generative AI through his role as global leader of McKinsey’s risk advanced analytics and cybersecurity efforts.

**Sponsored by: The Innovation Hub and the Computer Science Club**

2:30pm - 3:30pm

**Commuter Chronicles**

Adanti Student Center Room 303

Connect over books, unwind, and engage in meaningful discussions. The club will focus on reading a variety of genres, from fiction to self-help and non-fiction, chosen by student votes at the end of each meeting.

**Sponsored by: Commuter Services**

3:00pm - 4:00pm

**End of Semester Holiday Celebration**

Adanti Student Center Room

Join us for a festive end-of-semester celebration! Take a break before finals, enjoy delicious food, and celebrate the holiday season with friends and peers.

**Sponsored by: Organization of Latin American Students**

4:00pm - 5:30pm

**First-Year Research and Artistry Experience: Arts & Humanities**

Engleman Hall Room C105

Join FYE students at the 9th Annual First-Year Research and Artistry Experience. Students will present their semester-long research projects in a showcase of innovative presentations, posters, displays, technology, and art.

**Sponsored by: The Office of the Dean of Arts & Sciences**

7:13pm - 9:00pm

### **Study with Beta Nu!**

Adanti Student Center Room 305

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.

**Sponsored by: Hermandad de Sigma Iota Alpha, Inc.**

## **Tuesday, December 3rd**

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 - 1:30pm

### **Tune Up Tuesday**

Connecticut Hall

Join Health Services for a dedicated time to enhance your health, happiness, mindfulness, and gratitude practices

**Sponsored by: Health Services**

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**

12:00pm - 2:00pm

### **Commuter Luncheon**

Adanti Student Center Ballroom

It's lunchtime! Come join Commuter Services, enjoy a delicious meal, and meet fellow commuting Owls!

**Sponsored by: Commuter Services**

12:30pm - 1:30pm

**Stay Motivated: Tips to Reach Your Goals - RSVP [HERE](#)**

Adanti Student Center Room 201

Self-motivation drives growth and success, but staying motivated isn't always easy. In this workshop from the Wellbeing Center, students will learn practical tools to stay focused and push through setbacks.

**Sponsored by: The Wellbeing 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**

12:30pm - 2:00pm

**Innovation Tea**

Jennings Hall Room 108

Come share what you are researching, fun news, upcoming events, or just enjoy some coffee/tea and relax.

**Sponsored by: The Innovation Hub**

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**

2:30pm - 4:00pm

**Destress with ProCon**

Adanti Student Center Room 217

With finals season approaching take some time to de-stress and focus on yourself! Join ProCon and K9 Jules to let loose with some calming coloring, board games, bracelet making, and build your own de-stress kit.

**Sponsored by: Programs Council and University Police**

4:00pm - 5:30pm

**First-Year Research and Artistry Experience: Health & Human Services**

Engleman Hall Room C105

Join FYE students at the 9th Annual First-Year Research and Artistry Experience. Students will present their semester-long research projects in a showcase of innovative presentations, posters, displays, technology, and art.

**Sponsored by: The Office of the Dean of Arts & Sciences**

## Wednesday, December 4th

10:00am - 2:00pm

### **GYT Express Testing**

Health Services - Granoff Hall

Come down to Student Health Services to get STD tested. Available to all students, appointments are recommended and walk-ins will also be available.

**Sponsored by: Health Services**

11:00am - 1:00pm

### **Wellbeing Wednesdays**

Engleman Rotunda

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

**Sponsored by: The Wellbeing Center**

11:00am - 2:00pm

### **ProCon's Holiday Bash!**

Adanti Student Center Ballroom

Join ProCon for our annual holiday bash! We will have gingerbread houses, giant sleighs, cookie decorating, reindeer racing, over 100 gifts, snacks, games and more! This is one event you will not want to miss.

**Sponsored by: Programs Council**

12:00pm - 2:00pm

### **Winter Break Healthy Send Off**

Adanti Student Center First Floor

Stop by for a winter break send off gift bag!

**Sponsored by: The Public Health Society**

1:00pm - 2:00pm

### **Commuter Crew: Holiday Edition**

Adanti Student Center Room 217

Join the Commuter Crew for a Holiday Edition celebration! Come paint ornaments, sip on hot cocoa, and enjoy a festive holiday film with friends. Let's make some merry memories together!

**Sponsored by: Commuter Services**

1:00pm - 2:00pm

**Elevate Your Networking** - Register [HERE](#) to receive the meeting link!

Online

Experts will help you develop an elevator pitch to stand-out at networking events and in your cover letters.

**Sponsored by: The Innovation Hub**

1:00pm - 2:00pm

**Promise Scholars Vision Boards**

Engleman Hall Zen Den - ENG D062

Join University Access Programs and set your intentions, visualize your goals, and create a roadmap for success in the upcoming semester.

**Sponsored by: University Access Programs and Post Thanksgiving Push Week**

1:00pm - 3:00pm

**The Big Blue: Opportunities for Ocean Productivity & Protection**

School of Business Room 201

Join the Innovation Hub and guest speaker, Vincent Pieribone, to learn more about opportunities for ocean productivity and protection.

**Sponsored by: SCSU Innovation Hub**

4:00pm - 5:30pm

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

Adanti Student Center Room 326

Gain essential skills in mental health support with the QPR (Question, Persuade, Refer) Wellbeing Badge from Southern Connecticut State University. This badge certifies your ability to recognize the signs of a mental health crisis, provide immediate support, and guide individuals to professional help. Join us in fostering a safer, more supportive community by becoming a trained resource in mental wellness. All students, faculty, and staff are welcome to participate. Please sign up and RSVP through OwlConnect beforehand!

**Sponsored by: The Wellbeing Center**

4:00pm - 5:30pm

**First-Year Research and Artistry Experience: Business & Education**

Engleman Hall Room C105

Join FYE students at the 9th Annual First-Year Research and Artistry Experience. Students will present their semester-long research projects in a showcase of innovative presentations, posters, displays, technology, and art.

**Sponsored by: The Office of the Dean of Arts & Sciences**

5:00pm

**Americo Salvi - Senior Recital**

Engleman Hall Room C112

Come and listen to the senior recital performance!

**Sponsored by: SCSU Music Department**

6:30pm - 8:30pm

**Guiding Eyes Puppy Raising @ SCSU Holiday Party**

Adanti Student Center Theater

Come join Justice and the crew for a finals kickoff / holiday party! We'll be watching a movie, providing hot cocoa, and festive snacks!

**Sponsored by: Guiding Eyes Puppy Raising at SCSU**

7:00pm - 8:00pm

**Sophomore Class Finals Grab N' Go!**

Adanti Student Center Room 309

Grab free goodies in preparation for finals week. This event is open to all students!

**Sponsored by: The Class of 2027**

## Thursday, December 5th

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**

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**

12:15pm - 1:00pm

**Mindful Meditation Series**

RecFit Center

Join APRN Nurse Linda from Health Services, for her mindfulness meditation series and take



an hour to decompress and reconnect. Embrace the power of stillness and find your calm!

**Sponsored by: SCSU Athletics and Recreation, Health Services, for Post Thanksgiving Push Week**

2:00pm - 3:00pm

**Final Stretch Self-Care**

Adanti Student Center Room 306

Come join the Social Work Organization for a deep breath before finals. Have fun and enjoy some food!

**Sponsored by: The Social Work Organization for Post Thanksgiving Push Week**

4:00pm - 5:30pm

**First-Year Research and Artistry Experience: Social & Behavioral Sciences and STEM**

Engleman Hall Room C105

Join FYE students at the 9th Annual First-Year Research and Artistry Experience. Students will present their semester-long research projects in a showcase of innovative presentations, posters, displays, technology, and art.

**Sponsored by: The Office of the Dean of Arts & Sciences**

## **Friday, December 6th**

11:00am - 3:00pm

**Biology Research Symposium**

Jennings Hall Room 131

Students will present their findings via poster and research presentations in a session open to all Southern students and faculty.

**Sponsored by: The Biology Department**

1:00pm - 3:30pm

**An Evening on Mars with the Earth Science Club**

Academic Science and Laboratory Building Room 243 and Morrill Hall Planetarium

Enjoy a talk from Dr. Ives of Nasa and the Michigan Geological Survey to hear about her study of stratigraphy on Mars! The talk will be followed by a planetarium show in Morrill Hall. Light refreshments will be provided.

**Sponsored by: The Earth Science Club**

3:30pm - 4:30pm

**First-Year Research and Artistry Experience: Award Ceremony**

Engleman Hall Room C112

Join FYE students at the 9th Annual First-Year Research and Artistry Experience Award

Ceremony!

**Sponsored by: The Office of the Dean of Arts & Sciences**

4:00pm - 7:00pm

**Men's & Women's Swimming and Diving vs. Pace University**

Hutchinson Natatorium

Cheer on the Owls as they take on Pace University!

**Sponsored by: SCSU Athletics and Recreation**

4:30pm - 6:00pm

**Hillel Hanukkah Party 2024**

Adanti Student Center Room 201

Come join SCSU Hillel for our annual Hanukkah bash. There will be latkes, gelt (chocolate), and of course, dreidels!

**Sponsored by: Hillel**

8:00pm - 10:00pm

**Caribbean Student Association Culture Night**

Farnham Programming Space

Enjoy complimentary food, participate in many team building activities, and even have the chance to win awards!

**Sponsored by: Caribbean Student Association**

## **Saturday, December 7th**

1:30pm - 3:30pm

**Women's Basketball vs. Bentley University**

Moore Field House

Cheer on the Owls as they take on Bentley University!

**Sponsored by: SCSU Athletics and Recreation**

3:30pm - 5:30pm

**Men's Basketball vs. Bentley University**

Moore Field House

Cheer on the Owls as they take on Bentley University!

**Sponsored by: SCSU Athletics and Recreation**

## **Sunday, December 8th**

9:00am - 6:00pm

**Women's Club Volleyball Home Tournament**

Pelz Gymnasium

Cheer on the Women's Club Volleyball team in their home tournament!

**Sponsored by: SCSU Athletics and Recreation**

12:00pm - 3:00pm

**Men's & Women's Track and Field vs. The James Barber / Wilton Wright Southern  
Connecticut Alumni Meet**

Moore Field House

Cheer on the Owls as they compete in The James Barber / Wilton Wright Southern

Connecticut Alumni Meet!

**Sponsored by: SCSU Athletics and Recreation**

7:00pm - 10:00pm

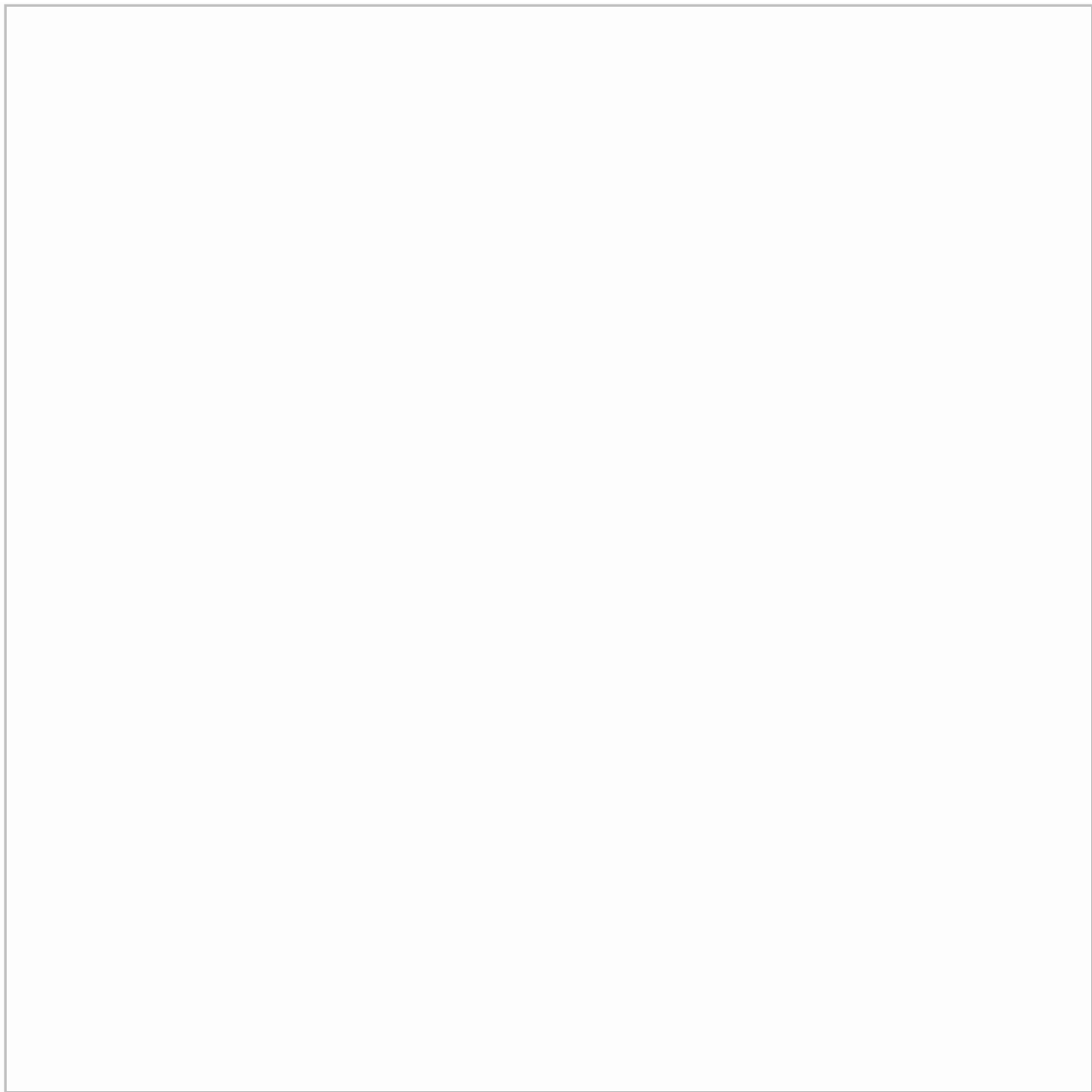
**PALS in the Farnham Programming Space**

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**

---

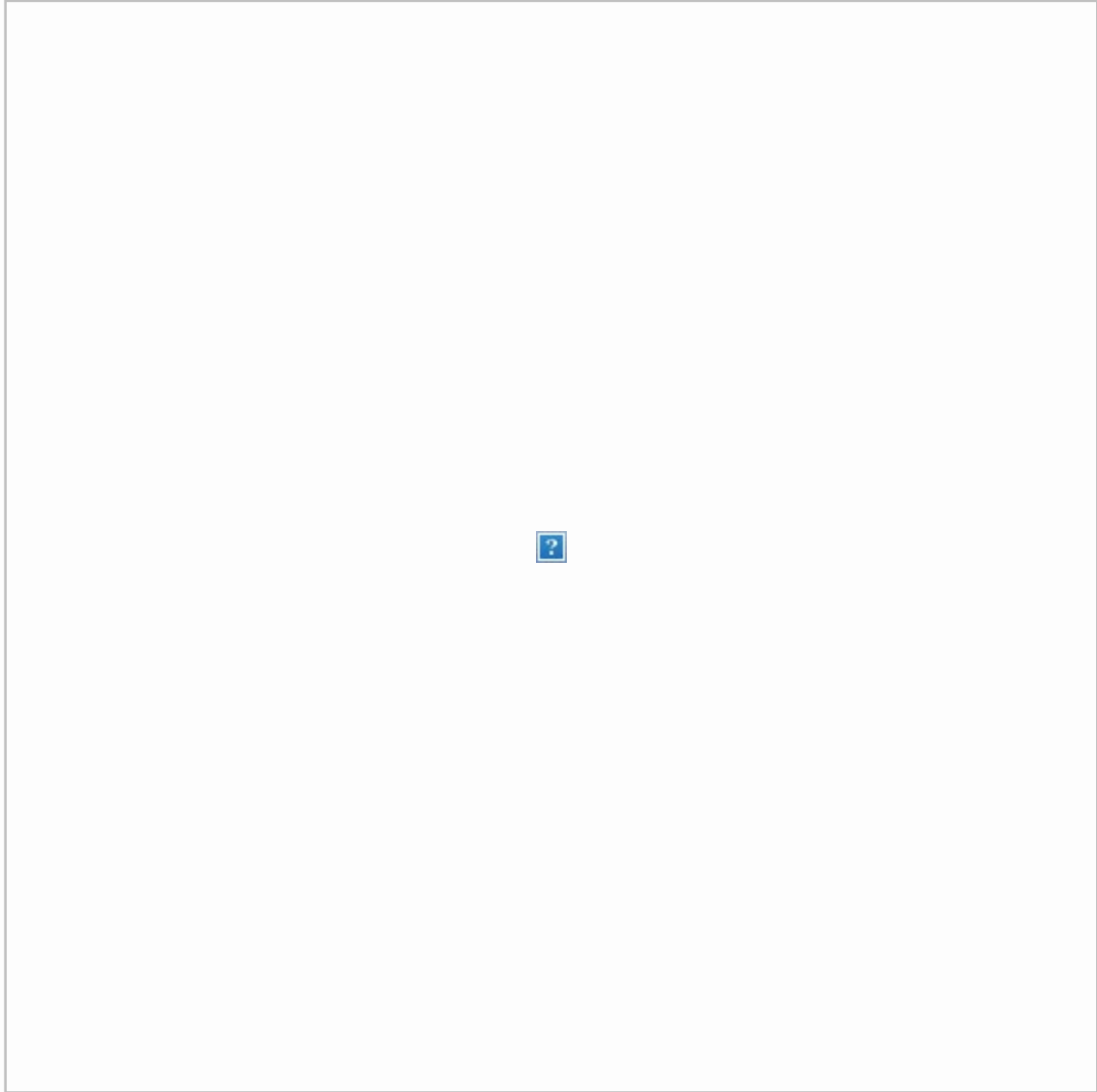


**Helpful Links-** these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

**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](#)

Mailin