

From: [Southern Connecticut State University](#)
To: [Rizza, Salvatore A.](#)
Subject: Family Update: Week 2!
Date: Tuesday, September 2, 2025 10:43:57 AM



Family Update: September 2, 2025

This email contains the following:

Message from the Director of Orientation, Transition & Family Engagement

- Weekly Feature
 - Involvement Fair
 - News and Notes
 - Important Deadlines
 - This Week at Southern
 - Resources
-





Dear Owl Families,

As we enter the second week of the semester, students are beginning to settle into their classes and routines. Whether your student is new to Southern or returning for another year, this period often comes with both excitement and challenge.

- **For newer students**, the pace of college coursework and the process of finding friends can feel overwhelming at times.
- **For continuing students**, upper-level courses may be more demanding than they anticipated, and balancing academics with involvement or work can become more complex.

This is also the time when habits start to take shape. Some students quickly find a rhythm that works for them, while others may realize that they need to adjust their study strategies, time management, or daily routines.

To support all students, Southern offers opportunities that encourage both academic success and personal growth. This week, your student will see information about **Involvement Week** and the **Student Involvement Fair** which are signature events designed to connect students with organizations, leadership opportunities, and peers who share their interests. Getting involved not only helps students expand their networks but also strengthens their sense of belonging on campus. If upper-division students have yet to connect with a club, organization or leadership opportunity, please encourage them to do so as they are not only great opportunities to expand their social network but to immerse themselves in their majors, building their leadership and interpersonal skills, and consider their professional development and career options.

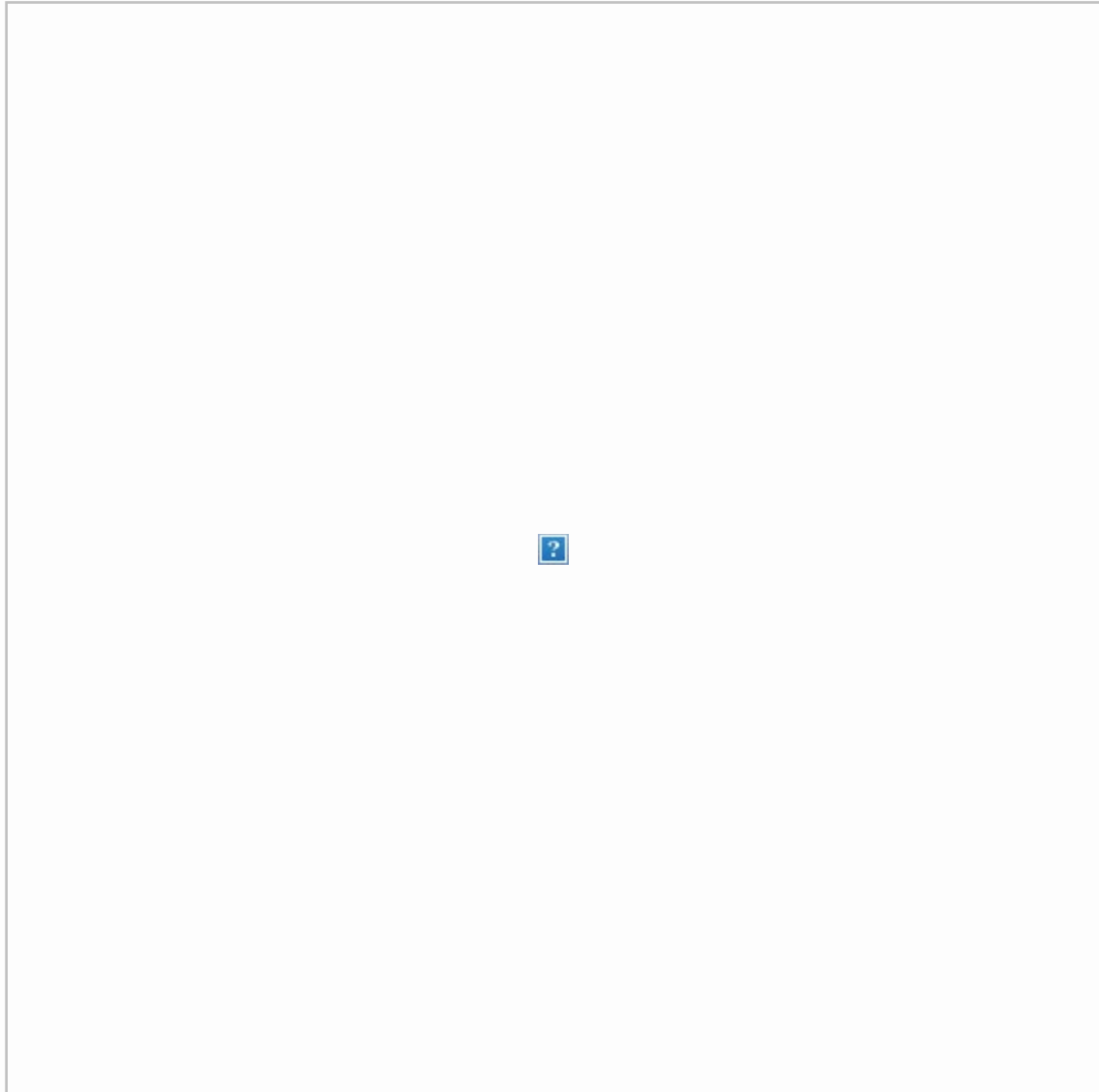
Please encourage your student to take advantage of these opportunities,

whether they are looking for a fresh start, a new interest, or a deeper connection to the Southern community.

Sincerely,

Dr. Sal Rizza

Director of Orientation, Transition & Family Engagement



Involvement and Resource Fair

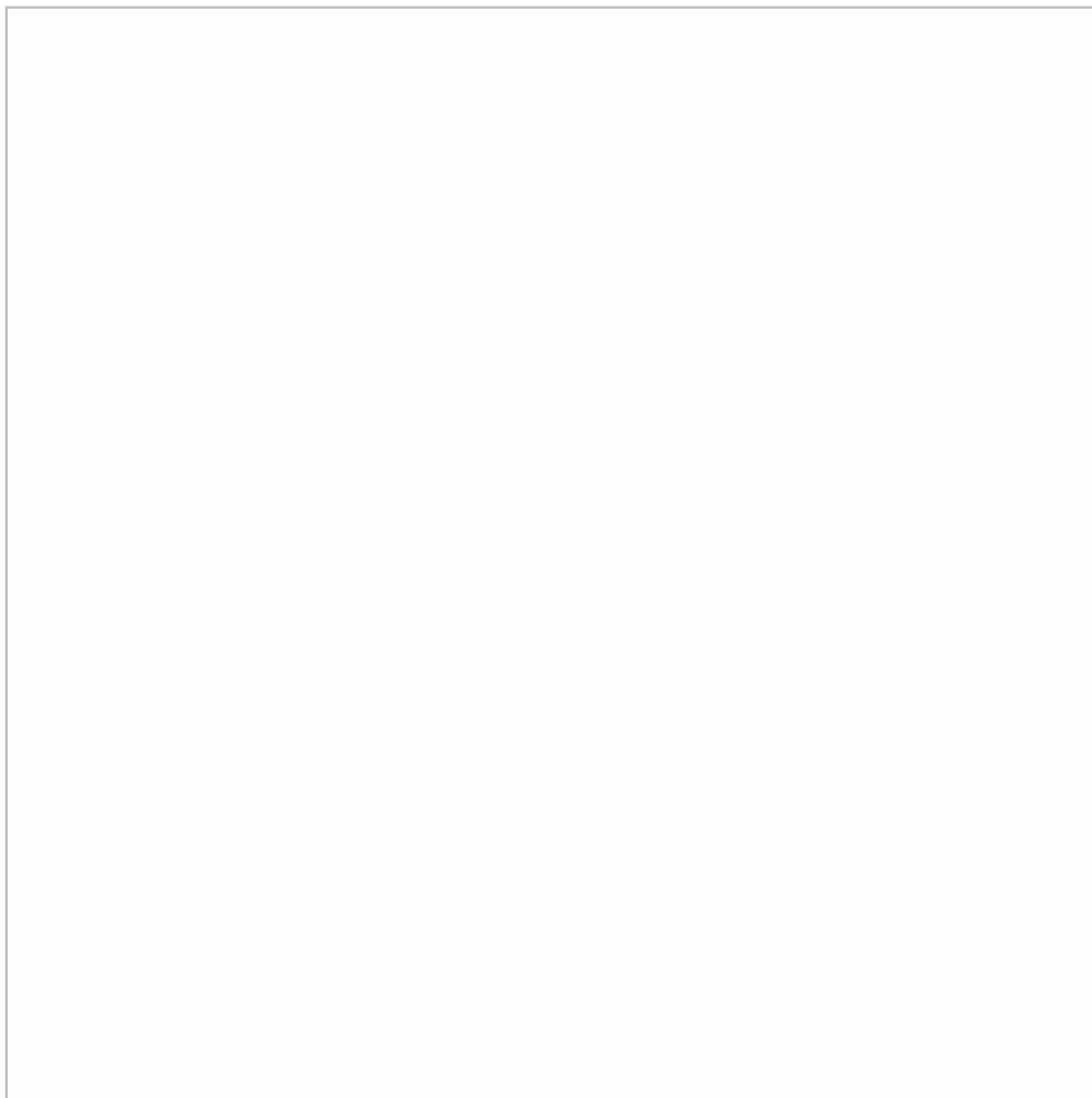
Wednesday, September 3rd

12:00pm - 2:00pm

Academic Quad

Southern has over 125 clubs and organizations on campus and numerous resources available to all students. This is a great opportunity to meet them all so be sure to stop by, introduce yourself, and make connections!

Sponsored by: The Office of Student Involvement and Leadership Development



Message from the Registrar's Office

Welcome Back, Owls! We're excited to kick off Southern's Fall 2025 semester and hope you had a restful summer.

As you settle in, please take a moment to review these important deadlines to help you stay on track.

For the full academic calendar visit: <https://southernct.edu/calendar>.

- Aug. 26 - fall classes begin

- Sep. 2 - last day to add a course
- Sep. 2 - 100% refund deadline for university withdrawal (full-time students)
- Sep. 2 - 90% refund deadline for dropped classes for (part-time students)
- Sep. 8 - last day to drop a course (no 'W' grade)
- Sep. 8 - 60% refund deadline for university withdrawal (full-time students)
- Sep. 8 - 60% refund deadline for dropped classes for (part-time students)
- Sep. 8 – last day to change billing status to full-time or part-time for students in full-semester and first-session classes only
- Sep. 22 - 40% refund deadline for university withdrawal (full-time students)
- Sep. 22 - 40% refund deadline for dropped classes for (part-time students)
- Nov. 17 – last day to withdraw and receive 'W' grades or to request pass-fail

Add a Class

You can [add classes online](#) in [Banner Student](#) during the first week of the semester. First-semester freshmen must consult their advisor.

Drop a Class

You have a two-week window to [drop a class](#) in [Banner Student](#) without it appearing on your transcript or affecting your GPA. Be sure to act by the refund deadlines noted above if you're seeking a refund.

Thank you,

The Registrar's Office



Every week, students receive an email with events and activities taking place for that coming week. Here, we will provide some highlights. The email students receive is quite extensive!

Signature Events

Wednesday, September 3rd
12:00pm-2:00pm

Involvement & Resource Fair

Academic Quad

Come 'Fall' into involvement at the 2025 Involvement and Resource Fair! From

academic groups to cultural orgs to service clubs, there's a place for everyone to get connected! Mark your calendars, and join us at the academic quad on September 3rd, 12pm-2pm.

Sponsored Leadership Development

Wednesday, September 3rd

7:00pm

Meet the Greeks

ASC Ballroom

Come to the Fall 2025 'Meet the Greeks' to experience brotherhood and sisterhood in action, and all that our campus Fraternity and Sororities have to offer!

Sponsored Leadership Development

Thursday, September 4th

12:00pm-1:00pm

PB&J Thursday

Engleman B121 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

Friday, September 5th

12:45pm-1:45pm

Mindful Meditation Series

ASC 204 Fitness 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 Fitness

4:00pm-6:00pm

Women's Soccer vs University of Bridgeport

Jess Dow Field

Come cheer on the Owls as they take on the University of Bridgeport!

Sponsored by: SCSU Athletics

Saturday, September 6th

11:00am-1:00pm

Volleyball vs St. Thomas Aquinas College

Pelz Gymnasium

Come cheer on the Owls as they take on St. Thomas Aquinas College!

Sponsored by: SCSU Athletics

2:00pm-5:00pm

Field Hockey vs Kutztown University

Jess Dow Field

Come cheer on the Owls as they take on Kutztown University!

Sponsored by: SCSU Athletics

3:00pm-5:00pm

Volleyball vs Jefferson University

Pelz Gymnasium

Come cheer on the Owls as they take on Jefferson University!

Sponsored by: SCSU Athletics

Sunday, September 7th

12:00pm-2:00pm

Men's Soccer vs University of Bridgeport

Jess Dow Field

Come cheer on the Owls as they take on the University of Bridgeport!

Sponsored by: SCSU Athletics

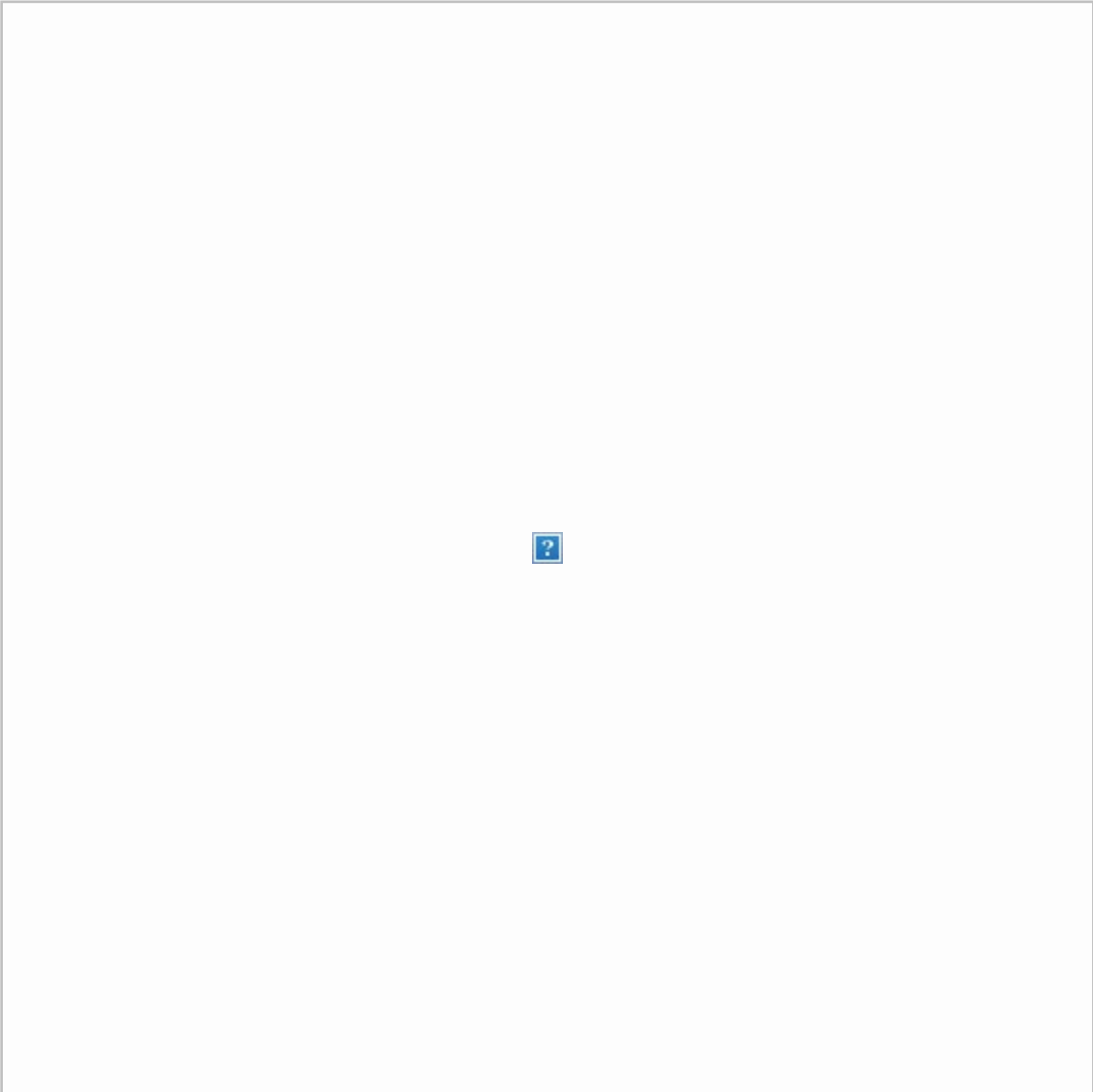
2:00pm-5:00pm

Field Hockey vs Mansfield University

Jess Dow Field

Come cheer on the Owls as they take on Mansfield University!

Sponsored by: SCSU Athletics



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.



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