

**From:** [Sal Rizza, Director of OTEE](#)  
**To:** [Rizza, Salvatore A.](#)  
**Subject:** Family Update Fall 2025: Week 3, September 9  
**Date:** Tuesday, September 9, 2025 5:45:26 PM

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**Family Update: September 9, 2025**

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**This email contains the following:**

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

- Weekly Feature
    - WellStreet Journal
  - News and Notes
    - Email to Students from University Police
  - This Week at Southern
  - Resources
- 





Dear Families,

We've made it to the **third week of the semester!**

For many first year students, this is when the reality of college begins to set in. Exams are approaching, papers are being assigned, and new social dynamics are emerging. Upper division students may also notice that their courses feel more demanding than in previous semesters. By week three, students are starting to form their routines. For some, the rhythm is steady and positive. For others, less effective habits may be creeping in.

One of the best ways to stay on track is by connecting with the **Center for Academic Success and Accessibility Services (CASAS)**. With more than 200 academic specialists, CASAS provides tutoring in almost every subject area, most of it course specific. Students can book tutoring appointments tailored to the classes they are taking. Beyond tutoring, CASAS offers:

- **Writing support** for essays and research papers
- **Math support** across multiple levels
- **Academic coaching** focused on organizational skills, note taking, time management, and other strategies for success
- **Accessibility services** for students with documented disabilities seeking accommodations

Encouraging your student to take advantage of CASAS early can help them build confidence and stay on top of their coursework.

## **Parent and Family Day 2025**

Mark your calendars! **Parent and Family Day will be Saturday, October 4.** Last

year, even in the pouring rain, we welcomed more than 800 family members to campus. This year, we are still finalizing the registration process and appreciate your patience as details come together. We look forward to a day of celebration and connection with students, families, alumni, faculty, and staff.

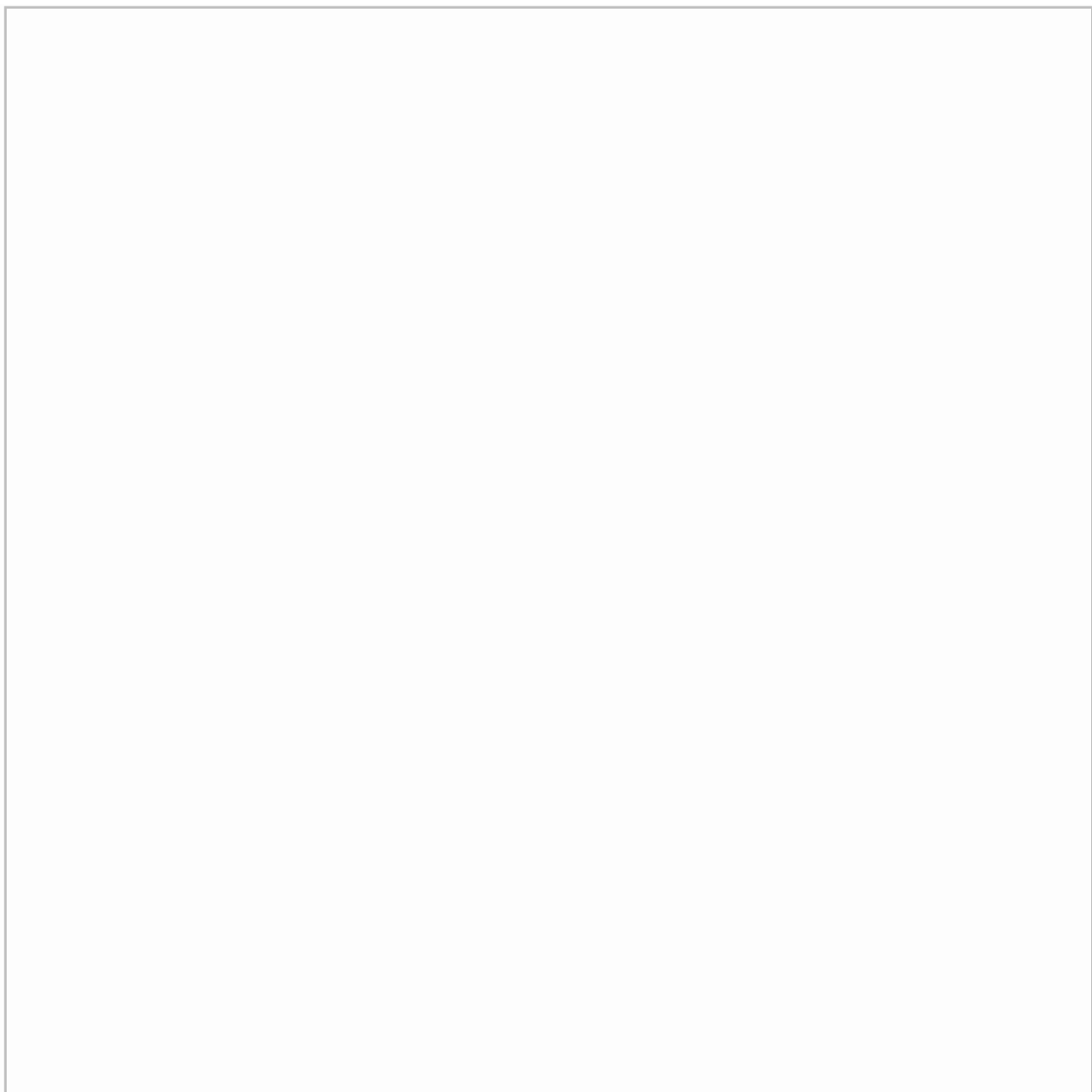
Please know that our office is here to support not only students, but all of you! If we can be of support, please reach out to us.

Sincerely,

Sal Rizza

Director of Orientation, Transition & Family Engagement

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***WellStreet Journal- email to students from the Wellbeing Center***

**Welcome back, Owls!**

The September edition of *The WellStreet Journal* is here! If you haven't checked it out before, this monthly newsletter is your go-to for quick tips, events, and resources to help you thrive physically, mentally, and emotionally throughout your college journey.

**This month's theme: New Semester, Strong Start.**

We're focusing on building community, celebrating Hispanic Heritage Month, and supporting student wellbeing in every area of campus life.

Here's what you'll find in this issue:

- Upcoming wellness events, including the **Wellbeing Fair** and **Mindfulness Monday Walks**
- **Suicide Prevention Month** resources + QPR & MHFA trainings/certifications
- Spotlight on **Hispanic Creativity & Talent** and community celebrations
- **National Sober Day** + Recovery Services on campus

Let's head into fall feeling grounded, connected, and ready to grow together.

[Read the September Issue now](#)

Best wishes,

Allyson Regis, PhD | (pronouns: she, her, hers -- [what's this?](#))

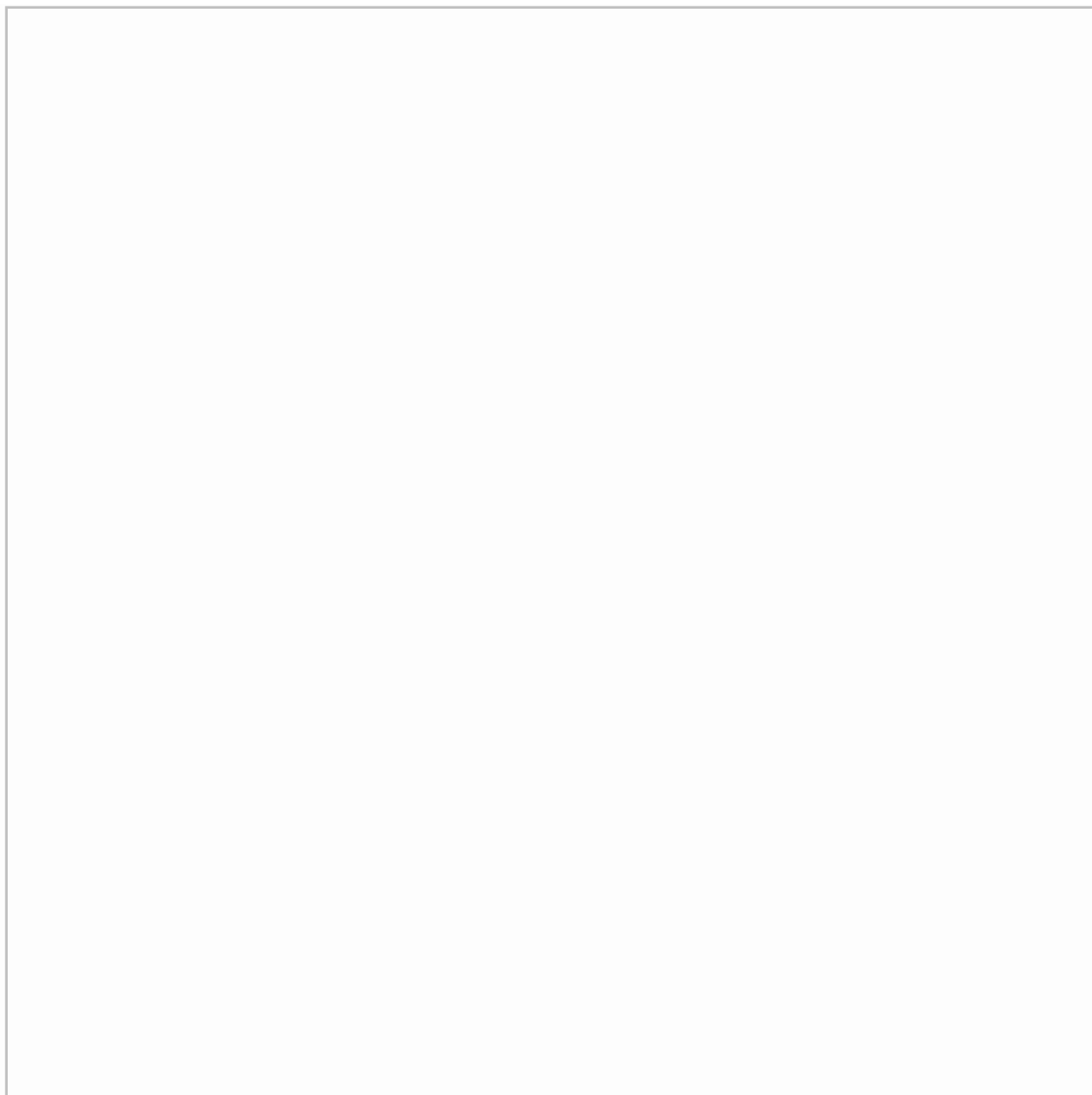
Coordinator | [Wellbeing Center](#)

Southern Connecticut State University

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*Email from Chief Miller to Students (Wednesday, 9/3)*

## **A Safe and Secure Fall 2025**

With the start of a new academic year, the Southern Police department welcomes everyone back to campus!

As in past semesters, we strive to provide the highest level of services to keep our campus safe and ensure the best possible Southern experience for all. Throughout the year, we will continue to provide periodic safety tips and

security updates via LiveSafe and social media, which we hope you will also share with your friends and family.

It is also important that you keep yourself informed about the steps you can take in any campus emergency. Please take the time to review the Department of Homeland Security's video "[Run, Hide, Fight](#)" regarding what do in the event of a hostile aggressor on campus. Also included below are links to a variety of campus safety resources as well as QR codes for the department's Instagram accounts and directions for downloading Southern's [LiveSafe app](#) and signing up for the [SouthernAlert](#) mass notification system.

At the onset of this semester there have been some security concerns nationally at colleges and universities:

- **Swatting:** Colleges across the country have seen an increase in the incidents of "swatting" or hoax threats that have disrupted campus activities. The Southern Police Department is aware of these incidents and officers and dispatchers have received training in identifying and handling these calls. In an abundance of caution any such incidents will be handled as if they were real until identified as a hoax.
- **Phishing:** This past summer there was a marked increase in phishing scam emails being sent to Southern students, faculty and staff. By definition, phishing is "a scam by which an e-mail user is duped into revealing personal or confidential information which the scammer can use illicitly."

The Southern IT department has been every proactive in identifying these emails: for additional information visit the link below regarding "Spam, Phishing and Junk Email."

<https://inside.southernct.edu/helpdesk/technical-support/office-365/spam-phishing-and-junk-email>

**Thefts of Kia and Hyundai vehicles:** Throughout the country there has been a dramatic increase in thefts targeting Kia's and older key ignition Hyundai vehicles. As a result, Hyundai & Kia have offered police departments, including Southern, free steering wheel locks to prevent these thefts.

These locks are for 2021 and **OLDER** Kia or Hyundai vehicles that have a **KEY IGNITION START ONLY**. (If your Hyundai has a push-button start, it will already have an immobilizer. Hyundai-made engine immobilizers are



standard in all new Hyundai vehicles at every trim level produced after November 1, 2021.)

**Locks can be picked up at the Southern Police Department located at Granoff Hall, Tuesday through Friday between the hours of 8am and 2pm.**

- **Please bring with you the registration for the Kia or Hyundai that you are getting a lock for**

Please stay safe and go Owls!

**Chief Makiem Miller**

**[millerm@SouthernCT.edu](mailto:millerm@SouthernCT.edu) | 203-392-6334**

## **CAMPUS SAFETY RESOURCES**

### **Southern LiveSafe**

**[SouthernCT.edu/student-life/safety/livesafe.html](https://southernct.edu/student-life/safety/livesafe.html)**

The LiveSafe app provides students, faculty, and staff with a direct connection to campus safety so that everyone can easily communicate all of their safety needs.

### **Southern Alert**

**<https://inside.southernct.edu/southernalert>**

Please ensure your Southern Alert profile is updated as we periodically test this mass notification system as well as the Siren/ Public Address system.



**Every week students receive an email with a list of events and activities taking place during the week. Below are just a few that we share with families. Students receive the full email!**

**Trip Alert**

Friday, September 12th

**Guinness World Records Largest Pizza Party Bus Trip!**

Sign Up [HERE](#)

**The above link will go live at 1:00pm on Monday, September 8<sup>th</sup> (link will not work prior to)**

Join the Office of Student Involvement & Leadership Development as we join THOUSANDS of people attempting to break the world record for the largest pizza party ever. The bus will leave from the Moore Fieldhouse at 5:00pm on Friday, September 12th and return home from the New Haven Green at 8:00pm. Signing up for the trip gets you transportation and a ticket to the event. Tickets to the event get you in the event, two slices of pizza and a non-alcoholic drink ticket, as well as being part of a record breaking crowd! This trip is limited to the first 40 students to sign up. See full event info [HERE](#).  
Sponsored Leadership Development

### **Wednesday, September 10th**

6:00pm-9:00pm

#### **Field Hockey vs Southern New Hampshire University**

Jess Dow Field

Come cheer on the Owls as they make their home debut against Southern New Hampshire University!

Sponsored by: SCSU Athletics and Recreation

7:00pm-9:00pm

#### **Lantern Lights and Karaoke Night**

Academic Quad

Get ready for Program Council's night filled with music, mouthwatering bites, and customizing your very own flying lantern! We can't wait to see you there!

Sponsored

### **Thursday, September 11th**

9:00am-11:00am

#### **Commuter Breakfast**

Around Campus

Come find our Commuter Assistants around campus to get a free breakfast sandwich! You can always find where we are on our instagram story: [scsucommuterservices](#).

Sponsored by: Commuter Services

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

3:00pm-4:00pm

**Hootie Who? We want to meet you and to hear from you too!**

SAGE Center - ASC 236

Come out and meet with one of the campus' newest owls, Dr. Sergio Pérez, Vice President of Diversity, Equity, and Inclusion! Share your thoughts on the campus & student experience, and share ideas to help us reimagine the campus Identity Centers!

Sponsored SAGE Center

**Saturday, September 13th**

10:00am-12:00pm

**Volleyball vs Queens College**

Pelz Gymnasium

Come cheer on the Owls as they take on Queens College!

Sponsored by: SCSU Athletics and Recreation

1:00pm-4:00pm

**Field Hockey vs Mercy University**

Jess Dow Field

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

Sponsored by: SCSU Athletics and Recreation

2:00pm-4:00pm

**Volleyball vs Holy Family University**

Pelz Gymnasium

Come cheer on the Owls as they take on Holy Family University!

Sponsored by: SCSU Athletics Recreation

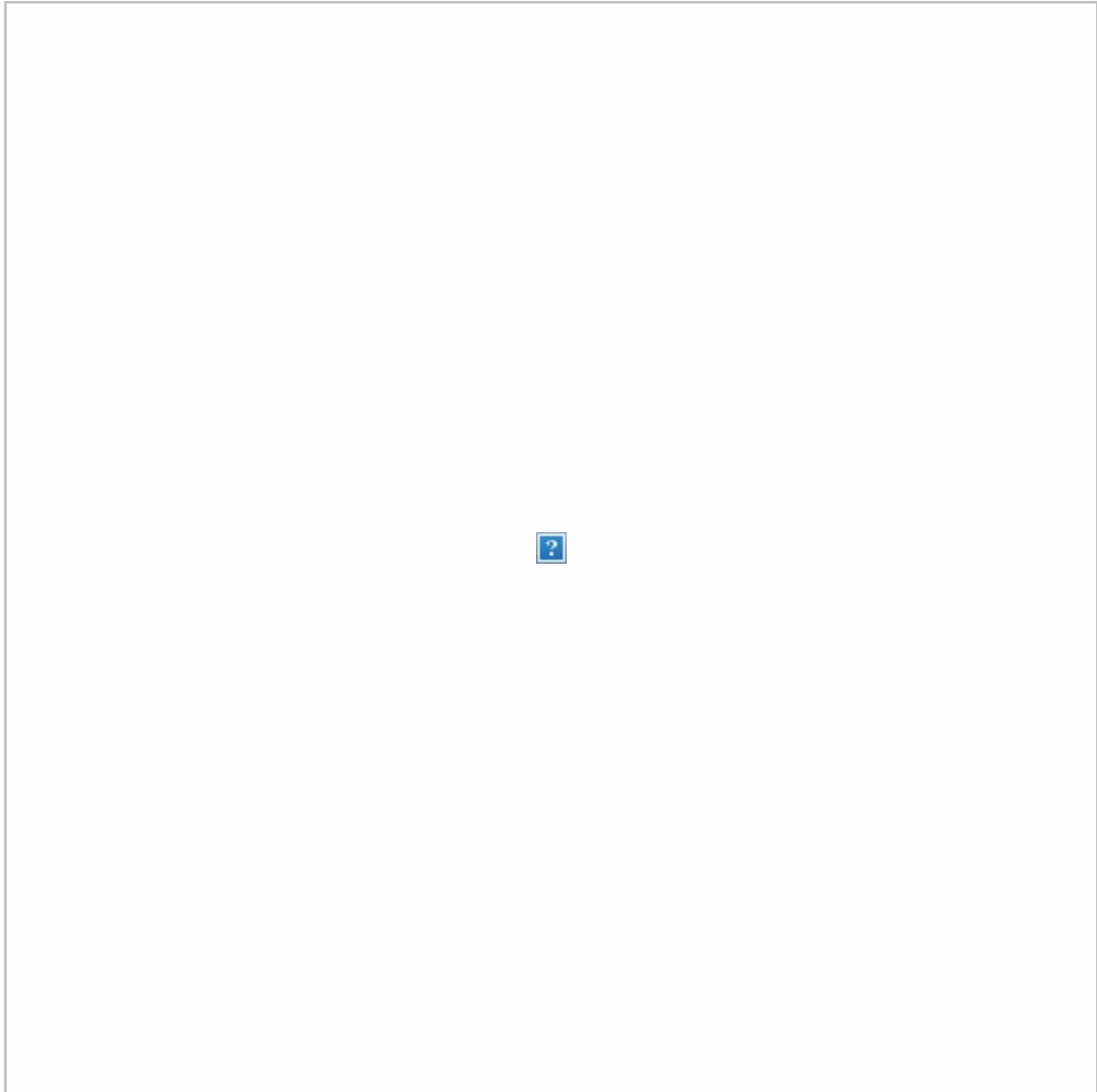
4:00pm-6:00pm

**Men's Soccer vs West Chester University of Pennsylvania**

Jess Dow Field

Come cheer on the Owls as they take on West Chester University of  
Pennsylvania!

Sponsored by: SCSU Athletics and Recreation



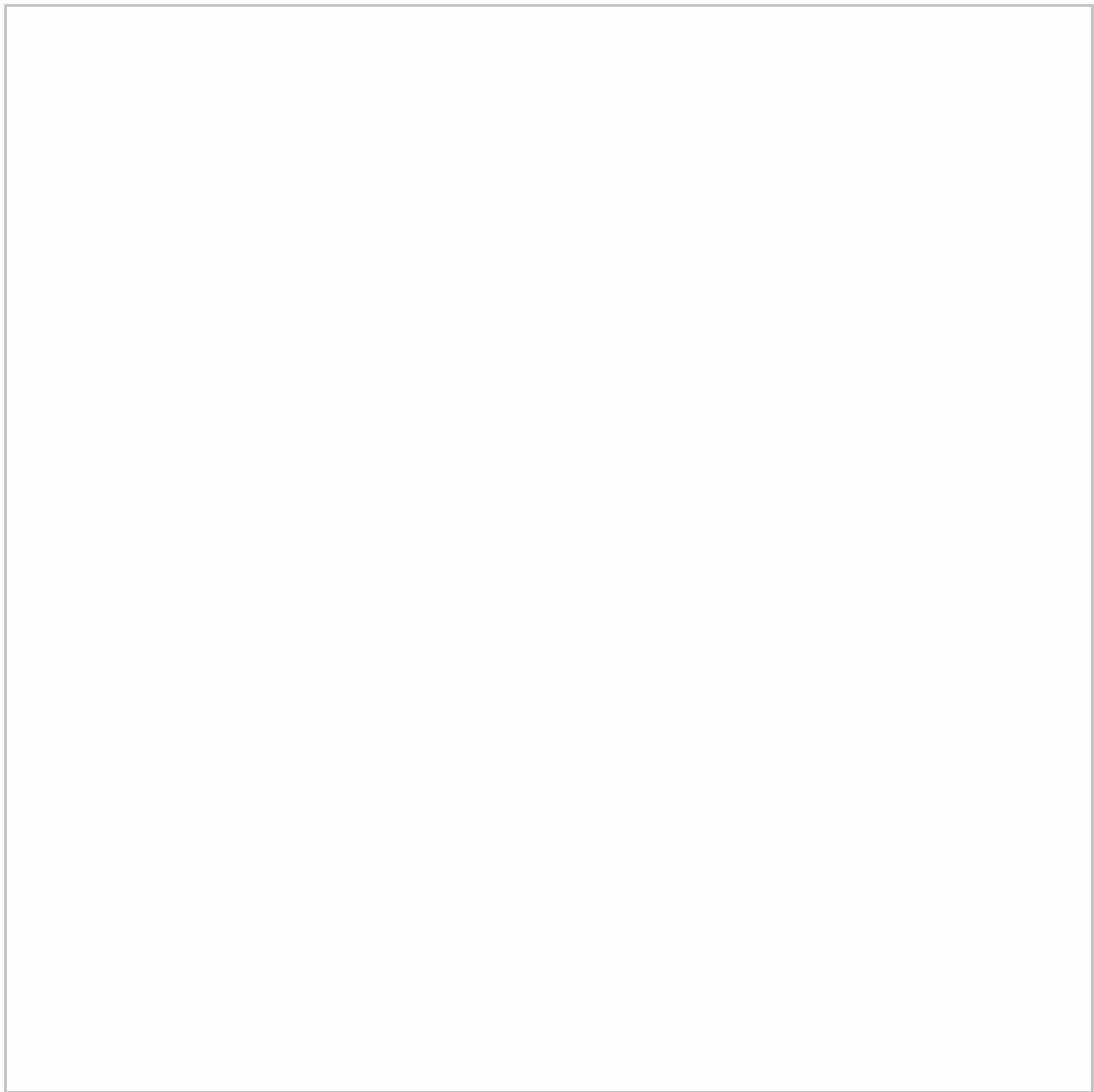


**Helpful Links-** these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

**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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