

From: [Sal Rizza, Director of OTEE](#)
To: [Rizza, Salvatore A.](#)
Subject: Week Five! Family Day Registration is Live!
Date: Wednesday, September 17, 2025 11:40:04 AM

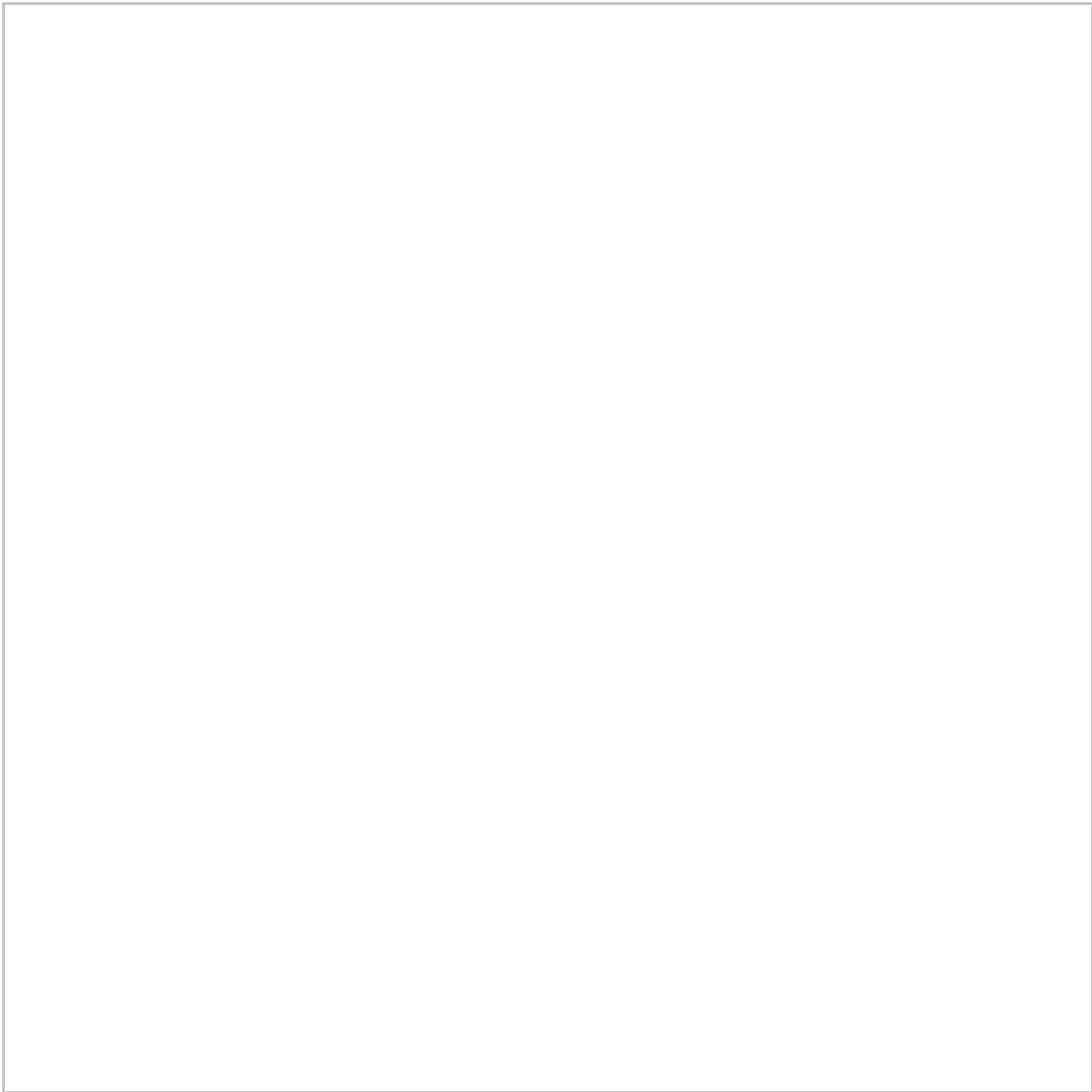


Family Update: September 17, 2025

This email contains the following:

Message from the Director of Orientation,
Transition & Family Engagement

- Weekly Feature
 - Message from Dr. Nick Pinkerton, Director of Counseling
 - News and Notes
 - Homecoming and Family Weekend
 - This Week at Southern
 - Resources
-



Dear Owl Families,

We hope this message finds you well!

We are thrilled to share that registration is now open for **Homecoming and Family Weekend** as well as **Sibling Night**. Over the past several years, Family Day has become one of our most popular traditions—bringing thousands of family members to campus to celebrate Southern spirit alongside their students.

This year's highlights include:

- **Sibling Night** – Friday, October 3rd
- **Family Day** – Saturday, October 4th
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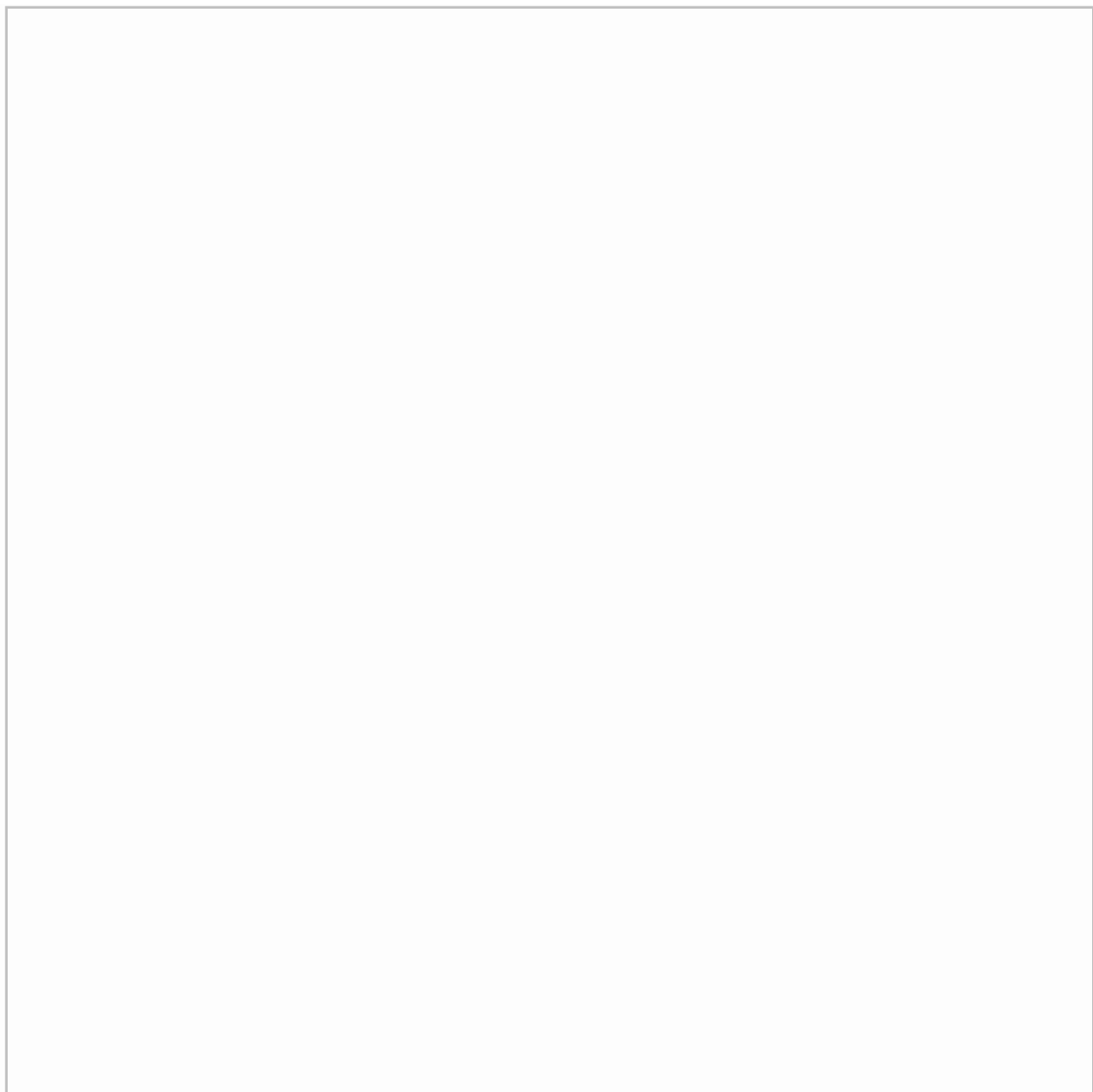
In addition, students can look forward to a full week of exciting activities leading up to the weekend. We encourage you to talk with your student about all the opportunities to get involved and enjoy the celebrations together.

All the details can be found in our **News and Notes** section.

Sincerely,

Dr. Sal Rizza

Director of Orientation, Transition & Family Engagement



Weekly Wellbeing

Dear Owl Families,

My name is Dr. Nick Pinkerton and I serve as the Associate Dean of Counseling Services and Wellbeing.

At this point in the year, many of the concerns students have are related to their transition and adjustment to college life. It can be a lot for students to take on as they attempt to manage their time, classes, friendships, work, and other responsibilities.

My advice is to begin building healthy routines around sleep, eating, and activity while developing a schedule for classes, studying, and other commitments, including self-care.

I also encourage students to step out of their comfort zones and build connections with classmates, teachers, mentors, and others who can serve as a source of support. These investments in social capital and experience now can pay off in the future.

If students want to engage with us, have several initiatives to participate in and believe mental health and wellbeing are at the heart of our campus community. From [Counseling Services](#) and the [Wellbeing Center](#) to [training programs](#), [student groups](#), and [campus-wide initiatives](#), we're working to create a supportive environment where every student can thrive.

This fall, we're highlighting opportunities:

- [Boost Your Health Vaccine Clinic](#), Monday, September 15th, 11am, HHS Lab Rm 413, with walk-ins welcome. Bring your insurance card and see available vaccines [here](#).
- [Mindfulness Walk](#), Monday, September 15th, 12-1pm, ASC Dunkin Patio, with nature, exercise, connection, and mindfulness
- [The Wellbeing Fair](#), Wednesday, September 17th, 11-2pm, Academic Quad, with free fun, resources, and ice cream
- [QPR Suicide Prevention Training](#), Thursday, September 18th, 1-2:30pm, ASC 326, with free nationally accredited training and LinkedIn badge. Please [RSVP](#) via OwlConnect beforehand.
- [Mental Health First Aid Training](#), Saturday, September 20th, 9-5pm, ASC 326, with free nationally accredited training and LinkedIn badge. Please [RSVP](#) via OwlConnect beforehand.
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Together, these efforts remind us that wellbeing is a shared responsibility—and that every student deserves the tools and support to succeed.

News & Notes: Share Your Voice in the Healthy Minds Survey

Southern is participating in the **Healthy Minds Survey (HMS)**, a national study of student mental health and wellbeing. This confidential survey helps us understand how students are doing and how we can better support them. Students have already received an email invitation with their unique survey link. By participating, they'll not only contribute to improving resources at Southern but also have a chance to win prizes:

- **National Sweepstakes (University of Michigan):** Four \$250 gift cards & ten \$100 gift cards
- **SCSU Weekly Prizes:** One \$50 Amazon gift card, one \$25 Amazon gift card, and 125 “Southern Stronger Together” T-shirts

Families can help by reminding students to check their inbox for an email from **Dr. Nick Pinkerton** via healthyminds-SCSU@umich.edu with the subject line *“Announcing the Healthy Minds Study at Southern Connecticut State University.”*

Your encouragement can go a long way—thank you for helping us make sure student voices are heard!



Homecoming and Family Weekend

October 3- October 5

Southern's annual celebration of the Southern spirit! Visit the [Homecoming Webpage](#) for a full list of events and activities. Below are specific events designed for families.

Sibling Night- This year's Sibling Night will be Friday, October 3rd from 6pm to 9pm.

Young family members of our residential AND commuter students get the opportunity to spend time on campus and experience a little bit of college life! We have lots of games and activities planned, and make sure they bring their sleeping bags if they are staying overnight!

Click [here](#) to register.

Contact the Office of Residence Life for questions on age restrictions for overnight: (reslife@southernct.edu).

Family Day

Saturday, October 4th | 10:00 am – 5:00 pm

[Register on Eventbrite](#)

[Learn more about Family Day](#)

Family Day is one of Southern's favorite traditions! Join us on Saturday, October 4th, for a full day of activities. From meals and family-friendly programs to campus traditions and the excitement of the Homecoming game, the day is designed to showcase the very best of Southern including our traditions, our pride, and the connections that make the Owl experience so special.

Whether you're visiting campus for the first time or returning to reconnect, Homecoming & Family Day is the perfect opportunity to celebrate with your student, meet other families, and feel the energy of Southern pride.

Registration Options (via Eventbrite):

- Family Day (Free): Enjoy the day's activities, the football game, and all the community celebrations.

Homecoming Family Brunch: Start the day with a delicious brunch in Connecticut Hall at either 10:00 am or 11:15 am.

- Adults: \$12
- Children under 12: \$10 (plus fees)

If you register for brunch, you do not need to register separately for Family Day.





Each week students receive a full list of events and activities that take place on campus. This is just a snapshot of the email they receive.

Join The Fight!

Sunday, September 28th

Greater New Haven Walk to End Alzheimer's

Event Opens @ 9:00am, Ceremony @ 10:00am, Walk @ 10:30am

Lighthouse Point Park, New Haven

Join the SCSU Team or Donate [HERE](#)

Faculty, staff, students, and community members are invited to join the

"Southern Owls" team as we Walk to End Alzheimer's on Sunday, September 28th in New Haven. Please share! This promises to be a very meaningful community event. For more information contact Tarah Loy-Ashe at loyashet1@southernct.edu

Ongoing

Healthy Minds Survey

Don't forget to complete your Health Minds Survey! Look for your own individualized survey link in your Inbox with the subject line: *"Announcing the Healthy Minds Study at Southern Connecticut State University"* from: *Dr. Nick Pinkerton, Associate Dean of Counseling* via healthyminds-SCSU@umich.edu. Each link is one-time-use, so please do not forward your email to others. By participating, you'll be automatically entered into:

- National Four (4) \$250 gift cards and ten (10) \$100 gift cards (provided by the University of Michigan)

SCSU Student Incentives (weekly): One \$50 Amazon gift card,

Wednesday, September 17th

11:00am-2:00pm

Wellbeing Fair

Academic Quad

Join the Wellbeing Center's Wellbeing Fair where you'll discover resources to support your overall health throughout your college journey! Enjoy fun activities along the Academic Quad and grab some free ice cream from Ben & Jerry's! Sponsored by: Wellbeing Center

Thursday, September 18th

9:00am-11:00am

Commuter Breakfast

Around Campus

Come find our CAs 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

Saturday, September 20th

1:00pm

SCSU Football vs American International College

Jess Dow Field

Come cheer on the Owls as they play their home opener against American International College!

Sponsored by: SCSU Athletics and Recreation

Sunday, September 21st

2:00pm

Men's Rugby vs MMA Rugby

Jess Dow Field

Come cheer on the Owls as they take on MMA Rugby!

Sponsored by: SCSU Athletics and Recreation

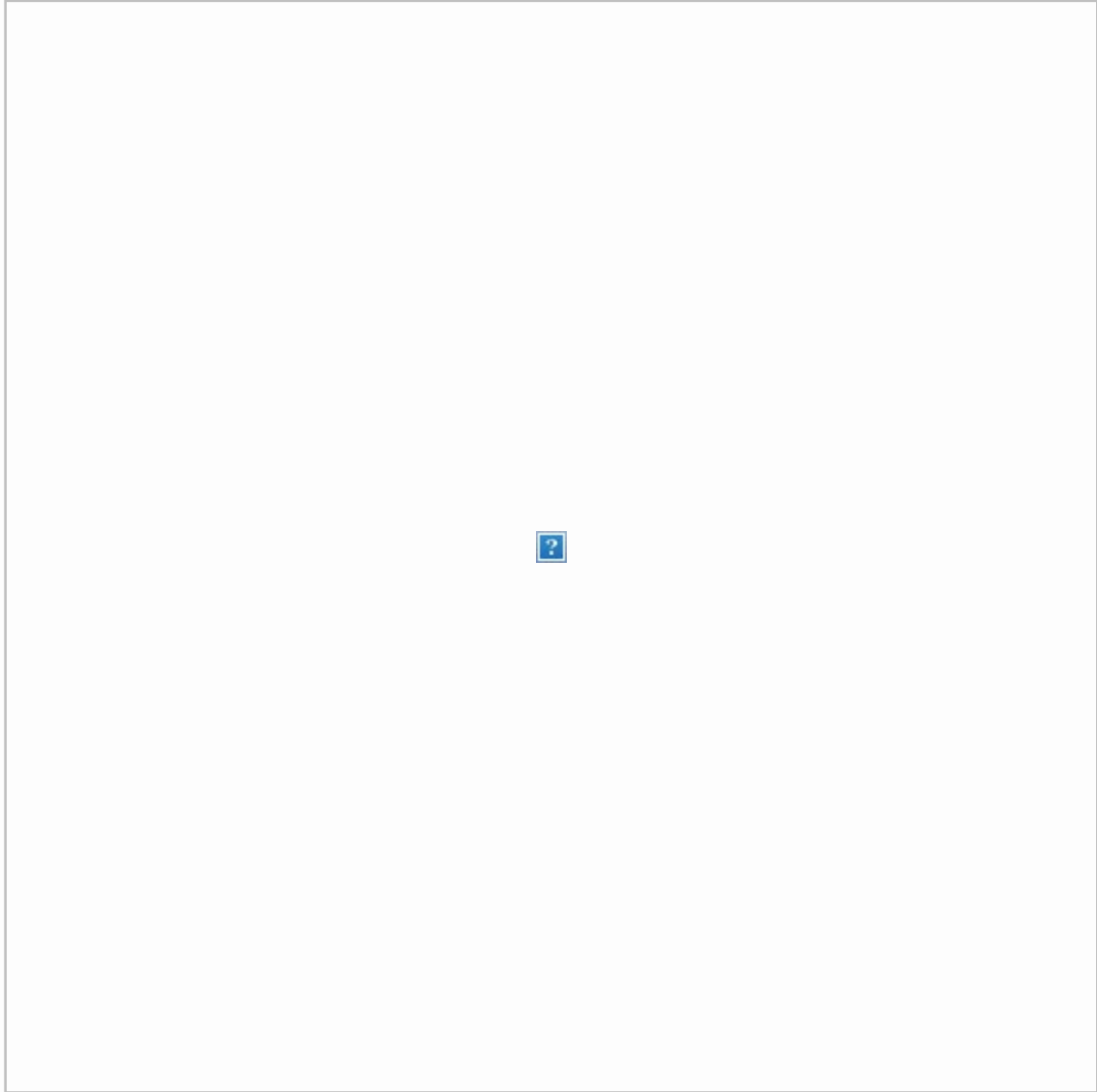


Helpful Links- these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

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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