

Rizza, Salvatore A.

From: Southern Connecticut State University <orientation@southernct.edu>
Sent: Tuesday, February 10, 2026 12:57 PM
To: Rizza, Salvatore A.
Subject: Family Update: February 2026



Family Update: Date

This email contains the following:

- Message from the Director of Orientation, Transition & Family Engagement
 - Weekly Feature
 - Southern Celebrates Black History Month
 - This Week at Southern
 - Resources
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Message from the



Dear Families,

As we move further into the semester, students may begin to feel the pace of their classes intensify. Major assignments and early exams are appearing on the horizon, which can lead to stress or fatigue as they juggle academic, work, and social commitments. This is a great time to encourage your student to prioritize tasks, take meaningful breaks, and remember that planning and persistence now will pay off later.

What Students May Be Navigating This Week

- Exploring health and wellness options on campus, from gym facilities to mental health resources.
- Preparing for the first round of quizzes and exams.
- Balancing school, work, family responsibilities, and social life.
- Experiencing moments of loneliness, even while surrounded by peers.
- Struggling to get enough sleep which is often a top concern for many students.
- Realizing the importance of maintaining both physical and mental well-being.

Key Update

- **President's Day Holiday Break:** No classes February 13–16.

How You Can Support Your Student

- Check in to see how they're adjusting to their workload.
- Encourage them to build supportive connections and use campus resources.

- Remind them that routines help reduce stress and make large tasks feel manageable.
- Suggest that they take short, restorative breaks during study sessions.
- Talk with them about using the long weekend for rest, self-care, and re-setting for the weeks ahead.

Thank you for continuing to partner with us in supporting your student's success. Please reach out if you have any questions or need additional resources.

Sincerely,

Dr. Sal Rizza
Director of Orientation, Transition & Family Engagement



Southern Celebrates Black History Month
Letter from the Vice President of Diversity, Equity Inclusion to the Southern Community:

Dear Southern Community,

I am pleased to share with you the **February 2026 Diversity, Equity, and Inclusion Newsletter**, which highlights our celebration of Black History Month! As we enter a new term, one marked by both change and possibility, I invite us to reflect on how we live out Southern's social justice principles of **dignity, compassion, kindness, civility, and respect**. Our DEI efforts continue to evolve within a shifting national landscape, yet what remains constant is the commitment, humanity, and care I witness across our campus every day.

In this edition, you'll find:

Celebrations of Black History and resources for deeper engagement
DEI Today, including reflections on belonging, student success, and community partnership

Opportunities to apply for the new Student Success & Equity Grants, supporting initiatives that strengthen access, persistence, and culturally affirming experiences

Upcoming training and development offerings for faculty, staff, and students
Events across our campus and local community that uplift identity, culture, and connection

I encourage you to explore the newsletter, participate in upcoming programs, and consider how you might contribute to a more inclusive and supportive environment for all members of our community. As always, I welcome your questions, ideas, and collaboration. Our work is strongest when we do it together.

In solidarity,

Sergio

Sergio Pérez, Ed.D.

Pronouns: he/el (what is this?) | Se Habla Español

this week@Southern

Every week students receive an email detailing many of the programs, events and activities offered. This is not a complete list.

Tuesday, February 10th

11:00am-1:00pm

Game On! Black History Month Edition

Multicultural Center, ASC 202

Join us for a round or two of CultureTags, an unpredictable acronym guessing game for people who know and love Black culture! Through prompts and shared experiences, attendees can expect this game to spark conversation and cultural reflection as we explore themes of identity, history, community, and culture while learning from one another in a fun and welcoming space! Come ready to play, connect, and celebrate the richness of Black history together.

Hosted by: Multicultural Center

11:30am-1:30pm

Tune Up Tuesday

Conn Hall

Tune Up Tuesday happens every Tuesday at Conn Hall! Join us for casual, engaging conversations around health, wellbeing, and the powerful connection between food and how we feel. Each week features a new topic to help you tune in and feel your best. Follow us on Instagram to learn more and stay up to date.

Hosted by: Health Services

3:00pm-5:00pm

TKE Talk

ASC 326

Ever argued about whether cereal counts as soup? Or if you'd survive a zombie apocalypse longer than your roommate? Welcome to TKE Talk—our laid-back debate night where we tackle hilarious, absurd, and totally unserious topics. Bring your best (and worst) arguments for a fun evening of laughs and clever chaos.

Hosted by: Tau Kappa Epsilon Fraternity

5:00pm-7:00pm

DIY Valentine Card Making

Buley Library Makerspace

Valentine's Day is on its way! Skip the impersonal supermarket aisle Valentines and make your own unique card(s) this year. Stop by the MakerSpace to personalize yours. We have plenty of supplies, so feel free to bring a friend.

Hosted by: Buley Library

5:30pm-7:30pm

Women's Basketball vs Assumption University

Moore Fieldhouse

Cheer on the Owls as they take on Assumption University!

Hosted by: Athletics and Recreation

7:00pm-8:30pm

7's Film Session

ASC 308

Join SCSU Women's Rugby in watching some pro 7s film in preparation for our spring 7s season! No experience is needed - come if you are miss having a team to be a part of or if you just want to have some fun!!! Can't wait to see you there! Meet the team and our leadership/coaching staff as well!

Hosted by: Women's Rugby

7:00pm-9:00pm

Healthy Hearts and Creative Arts

Farnham Programming Space

Join ProCon and the Wellbeing Center for a candlelit paint & sip night where you'll create art, eat pizza, and learn tips for building healthy, supportive relationships. Throughout the evening, the Wellbeing Center will share helpful tips on communication, boundaries, and maintaining healthy relationships, whether romantic, platonic, or personal. All supplies provided, just bring yourself!

Hosted by: Programs Council

7:30pm-9:30pm

Men's Basketball vs Assumption University

Moore Fieldhouse

Cheer on the Owls as they take on Assumption University!

Hosted by: Athletics and Recreation

Wednesday, February 11th

9:00am-10:00am

Commuter Breakfast

The Nest - ASC 217

Join us every Wednesday morning in the Nest for FREE Commuter Breakfast sandwiches!

Hosted by: Commuter Services

10:00am-2:00pm

GYT Express Testing

Health Services - Granoff Hall

Come down to Student Health Services to get FREE STD testing. Available to all students, appointments are recommended and can be made by calling us at 203-392-6300 or by visiting StudenthealthEHR.southernct.edu. Walk-ins are also available.

We are located across the street from the Wintergreen building.

Hosted by: Health Services

11:00am-3:00pm

Winterfest!

ASC Ballroom

Join the Office of Student Involvement for the first ever WinterFest! Head to the ASC Ballroom as we transport it into a winter wonderland. We will have something for everyone. Take a few laps on our synthetic ice rink or learn the game of curling on our curling lanes. Snap a photo in our giant snow globe, make your own custom airbrushed winter hat or grab some friends and take green screen photos with fun winter backgrounds. We will also have a hot chocolate and cookie bar and other contests. This will truly be an event you do not want to miss.

Hosted by: The Office of Student Involvement and Leadership Development

11:30am-1:00pm

Step Into Black History: Honoring the Paths Paved by the Black Diaspora

Multicultural Center - ASC 202

Celebrate Black History Month in style and in community! Join us for Step Into Black History, a special giveaway and reflection event honoring Black excellence, resilience, and legacy. Attendees will receive a free pair of

limited-edition Black History Month socks as a reminder that history is not only remembered—it's lived, worn, and carried forward.

As part of the program, participants are invited to share an example of a famous or lesser-known individual from the Black Diaspora who helped pave a path for future generations. Whether through activism, creativity, leadership, scholarship, or everyday courage, these stories remind us that we continue to walk in the footsteps of those who came before us.

Stop by to connect, reflect, uplift one another, and take home a wearable symbol of pride and possibility. Socks are available while supplies last.

Hosted by: Multicultural Center

1:00pm-2:00pm

The Next Chapter

Counseling Services - ENG 219

A group designed for students who are seniors attending SCSU. Getting ready to graduate? Next is Grad school, full- or part-time work or both? Military possibility? Gap year? Time off to travel? Student loans to pay back? Talks of the “real world”? Moving out of the dorm to where? You have a lot of support or you don't have much support with regard to navigating life after SCSU? The unknown is exciting but also nerve wrecking and feeling mixed emotions about your next steps? Questions that give you pause about what the next chapter of your life looks like? Join our group to discuss uncertainties that often create anxiety. Let's turn the page to a successful next chapter together!!

Hosted by: Wellbeing Center

1:00pm-2:00pm

Wealth Growth Formula

School of Business 122

Presented by Chalee Zha, a local Financial Literacy Educator and Financial Advisor, you'll learn practical, real-life strategies to improve returns responsibly, stay invested for the long term, protect against market swings, and reduce the impact of taxes and inflation, so your financial plan can work harder for you. PEP Talks connect classroom learning to real-world business experience—helping students develop leadership, communication, and professional confidence.

Earn a PEP Track Completion Certificate: Complete all three sessions in a track to earn a certificate — a great addition to your résumé and LinkedIn profile.

Hosted by: School of Business

1:00pm-2:00pm

Kisses and Condoms

ASC Plaza Level

Join Public Health Society for our famous event of Kisses and Condoms! Goody bags full of candy and condoms to help protect against STI's and help have a safe and fun Valentine's Day!

Hosted by: Public Health Society

2:00pm-4:00pm

Baskets for Beaus

The Nest - ASC 217

Celebrate Valentine's Day with ProCon at Baskets for Beaus! Fill a basket for yourself or someone special with bears, trinkets, snacks, and Valentine's Day novelties. Join us to make bracelets, write messages in a heart-shaped jar, and enjoy Chick-fil-A nuggets and other snacks! Enter the giveaway for a chance to win one of two great prizes 🧡

Hosted by: Programs Council

2:00pm-4:00pm

Career Crafting

Lang House

Join our social work club for a creative Career Crafting session where you'll design your own vision board, reflect on your goals, and get inspired about your future, plus enjoy some little goodies along the way!

Hosted by: Social Work Organization

3:00pm-4:00pm

Valentine's Day Affirmations

ASC 201

Let's spread the joy and make letters of appreciation for our amazing SCSU staff while making affirmation jars!

Hosted by: Commuter Services

4:00pm-5:00pm

Sew What? Drop-in Sewing

Buley Makerspace

All are welcome!

Whether you're looking to repair your favorite jeans or learn the basics of using a sewing machine, join us at the Makerspace for our no-pressure Sew What drop-in. We provide the tools, scraps, and guidance for all skill levels—no experience necessary!

Bring your own project or find inspiration in the Makerspace.

Basic Supplies Available: Sewing machines, hand sewing needles, fabric, thread, and all tools.

Hosted by: Buley Library

4:00pm-6:00pm

Ice Cream Social with TKE

ASC 326

Cool off and meet the brothers at TKE's Ice Cream Social! Build your dream sundae, hang out with friends, and learn what Greek life at SCSU is all about. It's the perfect mix of chill atmosphere and sweet conversation—come for the ice cream, stay for the community.

Hosted by: Tau Kappa Epsilon Fraternity

5:00pm-7:00pm

Make a Friendship Bracelet

Buley Makerspace

Celebrate your friends for Valentine's Day by making them a friendship bracelet. No experience necessary.

Hosted by: Buley Library

5:00pm-7:00pm

Pop The Balloon

ASC Theater

Join us for our exciting 'Pop the Balloon' event—a fun twist on the viral sensation! Pop a balloon to learn about the signs of healthy and unhealthy relationship! Spread some love and laughs, discover key relationship tips, and take part in an interactive experience that's as entertaining as it is empowering!

Hosted by: African Students Association, Black Student Union, Caribbean Student Association, Sisters in School Together Achieving Success, Violence Prevention, Victim Advocacy and Support Center, Wellbeing Center

Thursday, February 12th

11:00am-12:00pm

Fresh Perspectives

Counseling Services - Engleman B219

A freshman group designed for new students attending SCSU. New to SCSU? Commuter or Resident, Registering for classes.. Managing work and school along with other obligations? Don't know how to get involved? Far away from home? SCSU has so much to offer. Learn all the ins and outs of our school community. Come share your perspectives in a new school

environment. Make connections and learn how to be a successful student here at SCSU!!

Hosted by: Wellbeing Center

12:00pm

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!

Hosted by: Programs Council

12:30pm-1:30pm

Psych Club's Parentines & Planning

END055A

While the year is still beginning, what better way to spend your afternoon than setting up your goals for the year! All materials will be provided with some light snacks (i.e., cookies lol).

Hosted by: Psi Chi – International Honor Society for Psychology Majors, Psychology Club

2:00pm-3:00pm

LOVE at the Center of All Faiths

Interfaith Center - ASC 236

Just in time for Valentines day, join us in the Interfaith Center for an intentional and welcoming gathering centered on one shared value that transcends belief systems: LOVE!

Love at the Center of All Faiths invites attendees to share their own faith walks, spiritual journeys, evolving beliefs, or even their intentional absence of religion. This open space aims to provide a venue for open dialogue around the topics of faith identities, faith traditions, the intersection of multiple traditions, spirituality outside of religion, or none at all, your presence and perspective are valued here!

This program reflects the Interfaith Center's commitment to fostering understanding, compassion, and belonging through dialogue and relationship-building. As a symbol of this shared commitment, all attendees will receive a Choose Love flag, a version of the same flag which hangs proudly in the Interfaith Center as one of our guiding artifacts which shape the Interfaith Center's work and future vision!

All are welcome and we hope to see you there!

Hosted by: Interfaith Center

5:00pm-6:00pm

Try Your Luck Game Night

ASC 326

Feeling lucky? Join TKE for a game night in the student center! We're bringing the Vegas energy to campus with card games and plenty of friendly competition. You'll get chips at the door—no real money involved, just fun games and great company. Dress smart, bring your friends, and let the games begin.

Hosted by: Tau Kappa Epsilon Fraternity

5:00pm-7:00pm

DIY Valentine Card Making

Buley Makerspace

Valentine's Day is on its way! Skip the impersonal supermarket aisle Valentines and make your own unique card(s) this year. Stop by the MakerSpace to personalize yours. We have plenty of supplies, so feel free to bring a friend.

Hosted by: Buley Library

Friday, February 13th

University Holiday – NO CLASSES

Saturday, February 14

Happy Valentine's Day! Be extra kind to someone today.

1:30pm-3:30pm

Women's Basketball vs American International University

Moore Fieldhouse

Cheer on the Owls as they take on AIC!

Hosted by: Athletics and Recreation

3:30pm-5:30pm

Men's Basketball vs American International University

Moore Fieldhouse

Cheer on the Owls as they take on AIC!

Hosted by: Athletics and Recreation

Sunday, February 15

1:00pm – 4:00pm

Women's Gymnastics vs. University of Bridgeport

Moore Fieldhouse

Cheer on the Owls as they take on the University of Bridgeport for Senior Day!

Hosted by: Athletics and Recreation

Monday, February 16

President's Day

University Holiday – NO CLASSES

Resources



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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