

Rizza, Salvatore A.

From: Sal Rizza, Director of OTFE <rizzas1@southernct.edu>
Sent: Tuesday, February 17, 2026 10:17 AM
To: Rizza, Salvatore A.
Subject: Week 5!



Family Update: February 17, 2026

This email contains the following:

- Message from the Director of Orientation, Transition & Family Engagement
- Weekly Feature
 - Message from Dr. Thierry Thesatus, Associate Dean of Career and Student Success
- News and Notes
 - Email from the Registrar's Office to students

- This Week at Southern
 - Resources
-

Message from the



Dear Owl Families,

As we move into Week 5, many students are beginning to feel the pressure of midterm preparation and ongoing assignments. It's common for them to feel stressed, tired, or worried about keeping up, especially if they're juggling work, family, or co-curricular commitments.

You can make a big difference by:

- **Focusing on progress, not perfection.** Remind your student that growth matters more than getting everything "just right."
- **Encouraging use of academic resources.** Ask if they've visited tutoring, academic coaching, the writing center, or joined a study group.
- **Checking in on class attendance.** A simple, "Are you getting to all your classes?" can open up an important conversation.
- **Talking about stress management.** Encourage healthy sleep, movement, and short breaks with friends to recharge.
- **Supporting time management.** Invite them to reflect on what's going well and what might need adjusting in their weekly schedule.

This is also a great time to connect academics with life after Southern. Many students are:

- Updating resumes and **starting internship and job applications**
- Exploring majors and careers that match their interests and strengths

Our **upcoming career fairs** give students a chance to speak directly with employers and explore opportunities. Please see the information provided in the Weekly Feature section!

A quick text, call, or message from you acknowledging their hard work and reminding them of available resources can boost their confidence and help them feel supported during this busy part of the semester

Please let us know if we can be of support!.

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



A Message from Dr. Thierry Thesatus, Associate Dean of Career and Student Success

Dear Owl Families,

My name is Thierry Thesatus, and I serve as the Associate Dean of Career and Student Success.

As students move through the academic year, many begin thinking more intentionally about their future, exploring careers, building professional skills, and making connections that will support life after graduation. Career development is not a single moment, but a process that starts early and grows over time through exploration, experience, and reflection.

We encourage students to take advantage of opportunities to connect with employers, alumni, and campus partners, ask questions, and begin translating what they are learning inside and outside of the classroom at Southern into real-world skills. These experiences help students build confidence, clarify goals, and prepare for internships, jobs, and graduate school.

Through the [Office of Career and Professional Development](#), students can meet with career coaches at every stage, from choosing a major and exploring careers to preparing resumes, practicing interviews, and networking with employers. Students are encouraged to participate in experiential learning opportunities organized through the Southern EDGE framework. This model integrates internships, research, community engagement, and employer-based projects, helping students intentionally develop skills, expand professional networks, and receive recognition for their learning.

Events like our [Career & Internship Industry Fairs](#) provide students with direct access to employers, alumni, and organizations across a wide range of industries. Attending these fairs helps students explore opportunities, practice networking, and take meaningful steps toward internships, jobs, and graduate school.

For Families

Families play a critical role in supporting students' career development. We invite you to visit our [For Families](#) page on the Office of Career and Professional Development website, which offers guidance, resources, and conversation starters to help you support your student's journey. Encouraging your student to attend career events, apply for experiential learning opportunities, and engage early with Career and Professional Development can make a lasting difference in their confidence, readiness, and long-term success.

Take Action—Together

Below you'll find information about upcoming Career & Internship Industry Fairs and opportunities for students to get involved. We encourage families to talk with their students about attending, reviewing participating employers,

and making a plan to engage. Your encouragement can be the nudge that helps students take that next step.

Information Sent to Students:

Your next opportunity starts right here on campus.

Whether you're:

- Actively searching for a job or internship
- Exploring industries or organizations
- Building your professional network
- Curious about careers in our local community

👉 **These events are for YOU.**

Southern's 2026 Career & Internship Industry Fairs

 Tuesday, February 24 – Thursday, February 26

 Adanti Student Center Ballroom

- Meet 40+ employers each day — all in ONE room
- Access every organization (fairs run simultaneously)
- Employers are here specifically to connect with SCSU students & alumni
- Stop by anytime — you do NOT need to stay the full time block

Companies include ESPN, Coca-Cola, Boehringer Ingelheim, Regional Water Authority, New Haven Public Schools, Connecticut State Parks, Yale New Haven Health System, Make-A-Wish, Center for Pediatric Therapy — and many more.

✅ **Register here:** <https://southernct-csm.symplicity.com/events/upcoming>

Come as you are. Bring a friend. Leave with connections.

We can't wait to see you there!

Thank you for all that you do!

Thierry



SCSU INDUSTRY FAIRS 2026

TUE | FEB 24 | 3:30-5:30PM
EDUCATION

WED | FEB 25 | 12-2:30PM
STEM, BUSINESS, AND MANUFACTURING
COMMUNICATIONS, MARKETING,
MEDIA, AND THE ARTS
RECREATION, TOURISM, AND
SPORT MANAGEMENT

THU | FEB 26 | 3:30-6PM
HEALTHCARE AND PUBLIC HEALTH
SOCIAL WORK, MFT, AND COUNSELING

ADANTI STUDENT CENTER BALLROOM
SOUTHERN CONNECTICUT STATE UNIVERSITY



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Email from The Registrar's Office

FERPA & Student Privacy Notice

Dear Students,

Southern Connecticut State University is committed to protecting your education records and privacy rights under the Family Education Rights and Privacy Act.

As an annual reminder, you have the right to:

- **Inspect and review** your education records.
- **Request an amendment** to your education records.
- **Request that your directory information** (such as name, mailing address, dates of attendance, photographs, program of study, degree, honors, and graduation status details) be withheld from public disclosure.

If you wish to withhold your directory information from public disclosure, please submit the [Directory Information Non-Disclosure Request](#) to have your record marked confidential. This will remain in effect until you notify the Registrar's Office to remove it.

Important: Records marked confidential may still be disclosed if required by law or with your written authorization. Additionally, there can be no expectation of anonymity within a class, even with the confidentiality indicator.

You can also authorize the release of your student record information to a parent, guardian, or other third party by granting access to an authorized designee ([instructions](#)).

Thank you,
The Registrar's Office



Every week, students receive an email detailing many of the upcoming events and activities.

Tuesday, February 17th

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

12:00pm-2:00pm

Lunar New Year Jùhuì (聚会)

Multicultural Center, ASC 202

Join us for Lunar New Year Jùhuì—a festive gathering to welcome the Year of the Horse with community, culture, and connection! Stop by to make and sip rich, delicious Vietnamese coffee, sample a variety of snacks and treats from Asian cultures that celebrate Lunar New Year, and enjoy the vibrant flavors of the season. This celebration will provide attendees with a chance to socialize

with peers; learn about Lunar New Year traditions; and share in the joy of renewal, luck, and new beginnings.

Hosted by: Multicultural Center

2:00pm-4:00pm

National Strawberry Day

The Nest - ASC 217

You all are berry special to us, so come and join us for a day of strawberries! There will be strawberry snacks galore as well as activities that cater to the love of strawberries. Come on down and enjoy a day of delicious strawberries.

Hosted by: Programs Council

7:14pm-9:00pm

Keys to Our Culture

The Nest - ASC 217

Join us for a night of riddles, clues, and most importantly. Black History! The brothers of Phi Beta Sigma Fraternity, Inc. are hosting a Black History Month ESCAPE ROOM! Join us as we solve a series of puzzles to uncover facts and info about some of the greatest African Americans from our world's history. Team up or stand alone, these riddles are sure to leave everyone puzzled for a while. Come celebrate Black history and use the keys to our culture for an enriching night!

Hosted by: Phi Beta Sigma Fraternity, Inc

Wednesday, February 18th

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

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 upon 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 the next chapter together!!

Hosted by: Wellbeing Center

1:00pm-2:00pm

Black History Month Social

The Nest, ASC 217

Join us to celebrate Black History Month! Enjoy a variety of finger foods while vibing to a curated Spotify playlist highlighting Black artists across genres and generations. This social is a space to connect, unwind, and embrace Black culture through food, music, and community.

Hosted by: Commuter Services

2:00pm-4:00pm

Let it Snow...Globe!

The Nest - ASC 217

Join us to celebrate Black History Month! Enjoy a variety of finger foods while vibing to a curated Spotify playlist highlighting Black artists across genres and generations. This social is a space to connect, unwind, and embrace Black culture through food, music, and community.

Hosted by: Programs Council

5:00pm-6:00pm

Stitched Together Fiber Arts Group

Buley Makerspace

All are welcome at our weekly meet up. Whether you are just beginning, or you are an experienced fiber artist, we'd love for you to join us.

Fiber arts include: crochet, knitting, cross stitch, embroidery, weaving, sewing, etc. Some Basic Supplies Available: Yarn, crochet hooks, knitting needles, embroidery supplies, and more.

Hosted by: Buley Library

Thursday, February 19th

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...all are welcome! Thinking about 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

2:00pm-3:00pm

Commuter Services Art Workshop

ASC 217

Come join Commuter Services in a fun art workshop where you can color bookmarks, coloring pages, and mini notebooks!

Hosted by: Commuter Services

3:00pm-5:00pm

AniThursdays

ASC 301

Join Anime Society in a screening of an anime or animated movie that we vote on every other Thursday!

Hosted by: Anime Society

4:00pm-6:00pm

Three Minute Thesis®: Final Round Competition

School of Business 102

The final round of the Three Minute Thesis Competition®, which challenges graduate students to explain their thesis or dissertation in three minutes or less to a non-specialist audience

The 3 Minute Thesis (3MT)® is more than just a competition—it's a powerful professional development opportunity for graduate students. Increase Visibility for Your Research: Share your work with a broader community and spark

interest in your field. It's a great way to make your research accessible and impactful.

Hosted by: School of Graduate and Professional Studies

6:30pm-7:30pm

Latino America Unida Thursday Devotional

ASC 309

Hermanos of the Theta Chapter of Latino America Unida, Lambda Alpha Upsilon Fraternity, Inc. invite the SCSU community to join us for a Thursday Night Devotional. This is a space for reflection, connection, and community as we come together in fellowship.

Hosted by: Latino America Unida, Lambda Alpha Upsilon Fraternity Inc.

7:14pm-8:30pm

Phi Beta Sigma Fraternity, Inc. Informational

ASC 308

Join us to learn more about PBS and how you can become a brother!

Hosted by: Phi Beta Sigma Fraternity, Inc

Friday, February 20th

12:00pm-4:00pm

Friday Sounds of Blackness: A Black History Month Music Spotlight

Multicultural Center, ASC 202

Celebrate Black History Month through the power of music! Every Friday afternoon in February, the Multicultural Center will spotlight influential Black music artists whose sounds, stories, and creativity have shaped culture across generations and genres. From classic legends to contemporary voices, each week's featured artists highlight the richness, resilience, and impact of Black musical expression.

Hosted by: Multicultural Center

2:00pm-3:00pm

UAP Fridays with a Purpose- "Hiring Me! Resume & Interview Skills"

Engleman B121

Get the job you want by learning how hiring decisions are really made. This interactive session will help you strengthen your resume, practice interview responses, and understand what employers look for when selecting candidates. You'll leave with practical strategies, insider tips from alumni, and

greater confidence heading into career fairs, interviews, and applications. Make sure to bring your resume, and the Career Closet will be present as well!

Hosted by: Career and Professional Development and University Access Programs

4:30pm-6:00pm

Shabbat

Engleman D253

Come join SCSU Hillel for Shabbat Fridays during the semester!

Hosted by: Hillel - Jewish Students Organization

7:00pm

Fiction Reading and Discussion of the Writing Life with Lisa Slage Robinson

Engleman D253

Lisa Slage Robinson writes to explore invisible landscapes and magical feminism.

She is the author of *Esquire Ball, Stories from the Great Black Swamp* (Black Lawrence Press, February 2026). Named a finalist for Midwest Review's Great Midwest Fiction Contest, her work appears in or is forthcoming from Iron Horse Literary Review, Atticus Review, Smokelong Quarterly, The Adroit Journal, PRISM International, Storm Cellar, Lit Pub, Necessary Fiction, Meat for Tea, and elsewhere.

Hosted by: English Department

Saturday, February 21st

1:30pm-3:30pm

Women's Basketball vs Saint Micheal's College

Moore Fieldhouse

Cheer on the Owls as they take on Saint Michael's College on Senior Day!

Hosted by: Athletics and Recreation

3:30pm-5:30pm

Men's Basketball vs Saint Micheal's College

Moore Fieldhouse

Cheer on the Owls as they take on Saint Michael's College on Senior Day!

Hosted by: Athletics and Recreation

Sunday, February 22nd

9:00am-4:00pm

SCSU Men's Club Volleyball Tournament

Pelz Gymnasium

The SCSU Men's Club Volleyball team will be hosting a home tournament on February 22nd at Pelz Gymnasium.

Hosted by: Men's Club Volleyball, 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.



Important Dates – Spring

January 21 – First Day of Class

February 13 - 16 – Presidents' Weekend

Classes

March 16 - 22 – Spring Recess, No Classes

April 3 - 5 – Holiday Recess, No Classes

May 11 - 17 – Final Examinations

May 22 – Commencement

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