

From: [Dr. Sal Rizza, Director of OTEE](#)
To: [Rizza, Salvatore A.](#)
Subject: Owl Family Update, Week 4
Date: Monday, September 14, 2026 11:12:13 AM

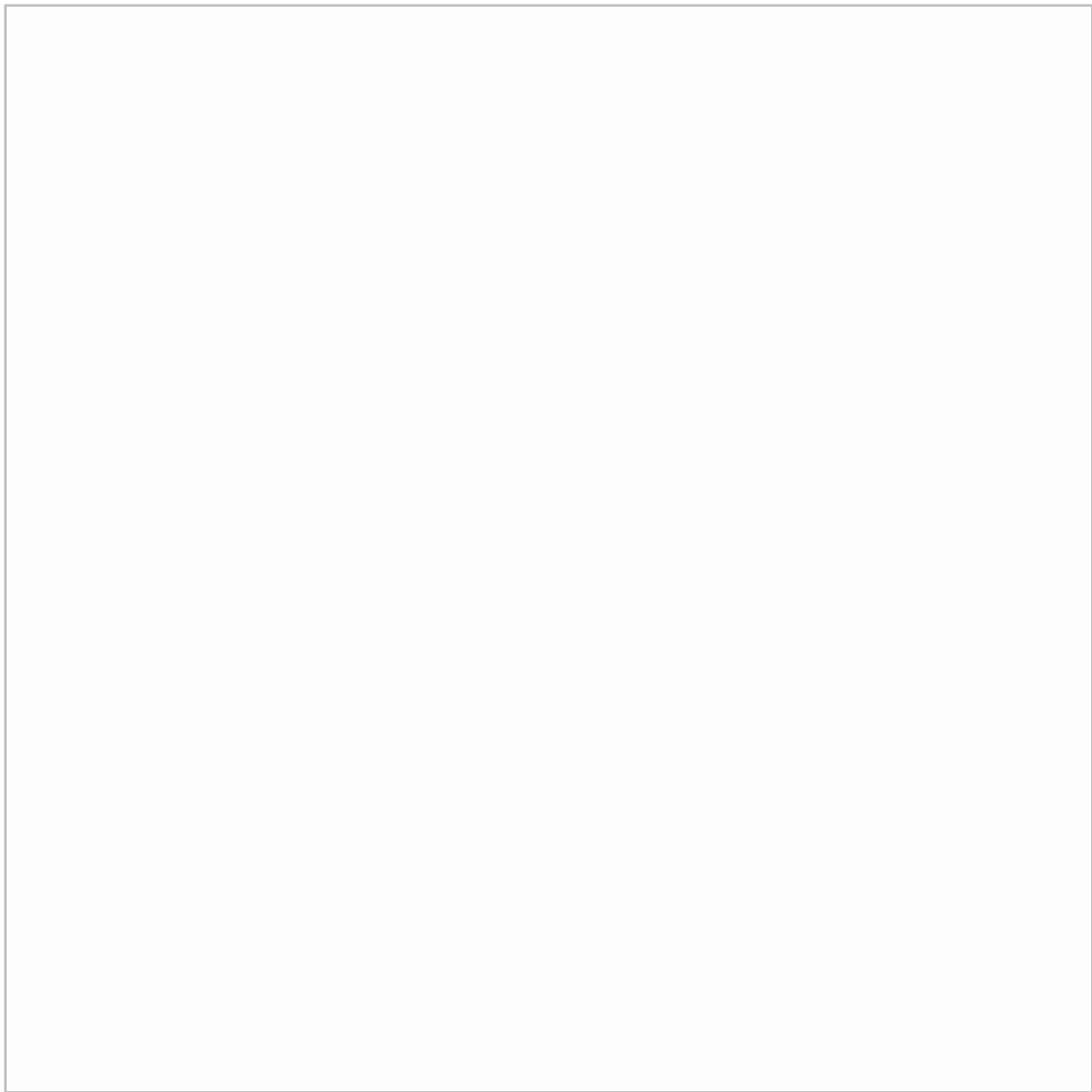


Family Update: 9/14/26

This email contains the following:

Message from the Director of Orientation,
Transition & Family Engagement

- Weekly Feature
 - Football Home Opener
 - News and Notes
 - Vaccine Clinic
 - This Week at Southern
 - Resources
 - Family Day Registration!
 - Family Survey
-



Dear Families,

As we enter the fourth week of the semester, many students are beginning to

settle into the routines of college life. The excitement and anticipation that accompanied move-in and the first days of classes have started to give way to the reality of assignments, exams, involvement opportunities, new friendships, and countless decisions about how to spend their time.

This week, I encourage you to check in with your student and ask a simple but powerful question:

"Is this the best semester you could be having?"

For our new first-year students, you might even ask:

"Is this the best first semester you could be having?"

If their answer is **yes**, celebrate that success and ask what is contributing to their positive experience. Are they attending class consistently? Building relationships? Managing their time well? Do they feel healthy? Identifying what is working can help them continue those habits throughout the semester.

If their answer is **no**, encourage them to reflect on why. What is getting in the way? What change could help improve their experience? Often, small adjustments such as using academic support services, getting more involved on campus, meeting with a tutor or Academic Coach, sleeping more, eating healthier, scheduling a counseling appointment, or connecting with a professor can make a significant difference.

One of the most important lessons students learn in college is that success is not something that simply happens. It is created through intentional choices, reflection, and the willingness to make adjustments when needed. Sometimes students need someone to help them pause and think about whether their current actions align with the experience they hope to have.

As families, your role is not to solve every challenge, but to ask thoughtful questions, listen carefully, and encourage your student to take ownership of their college experience. A brief conversation this week may help them recognize opportunities they had not previously considered.

Thank you for your continued partnership in supporting our students. As always, our office is here to support both students and families throughout the

transition to college life.

Sincerely,

Dr. Sal Rizza

Director of Orientation, Transition & Family Engagement



Saturday, September 19th
Southern Football Home Opener!

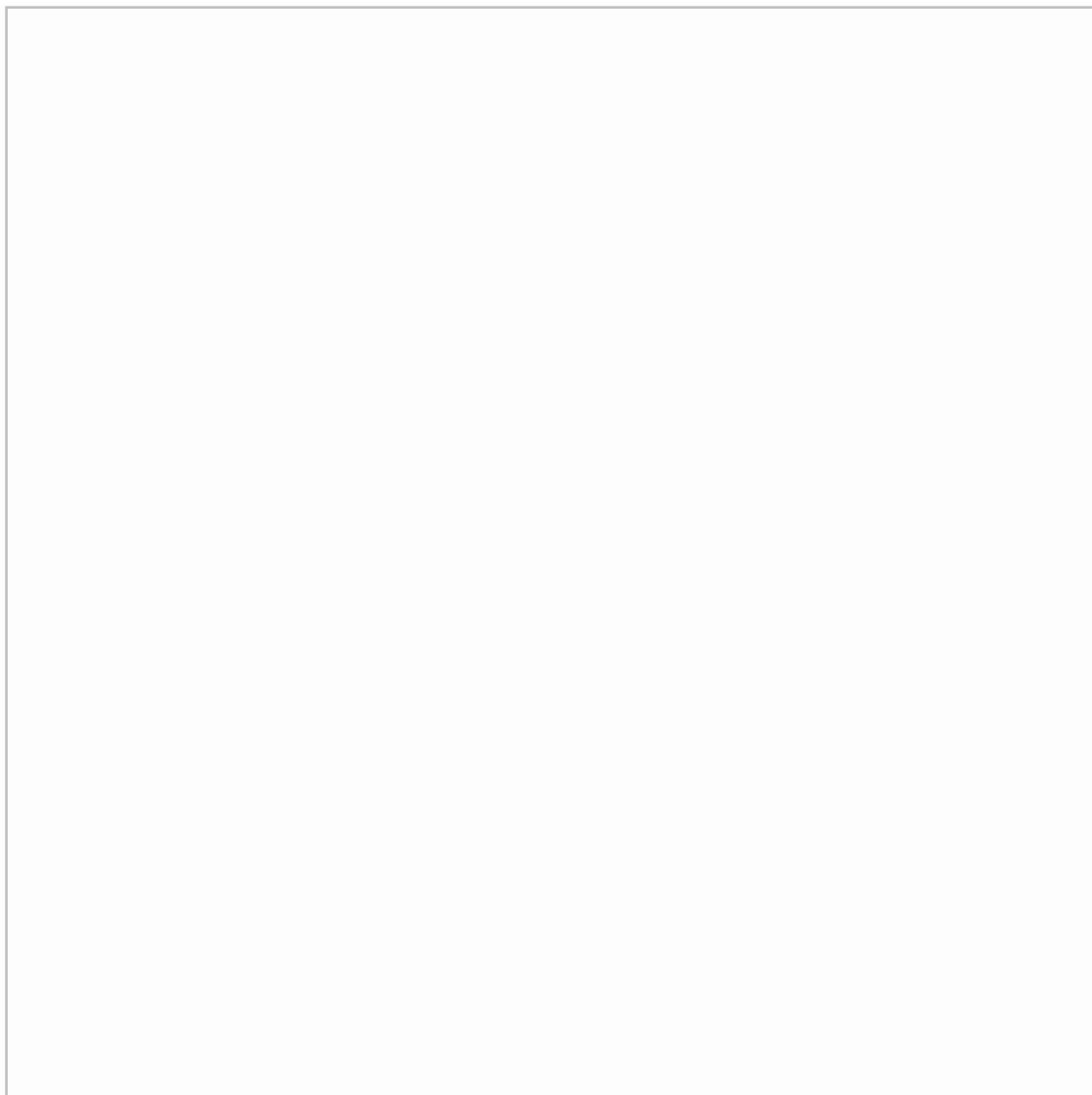
5:00pm-8:00pm

SCSU vs American International College

Jess Dow Field

Cheer on the Owls as they take on American International College at Jess Dow Field! The night will also feature food trucks (Tacos Santa Ines, Spuds Your Way and Repicci's Italian Ice), and there will be 100 complimentary tickets per truck (first come, first served basis). We look forward to seeing you there!

Hosted by: Athletics & Recreation



Prioritize your health this fall!

Vaccine Clinic – Monday, September 14

11-2 pm

HHS Building Room 401

Open to: Students, faculty, and staff

Vaccines available to those who are eligible: Flu, HPV, Meningitis, MMR, COVID-19 and more!

Walk-ins welcome

Bring your **prescription and insurance cards** – coverage can be checked on-site

Questions? Email: healthservices@southernct.edu





Monday, September 14th

11:00am-2:00pm

Vaccine Clinic

HHS 401

Flu, COVID, HPV, and Other Vaccines available to those who are eligible. Students, Faculty, and Staff are welcome. Bring Rx/Insurance cards

Hosted by: Health Services in collaboration with CVS Pharmacy

12:30pm-2:30pm

Nursing Career Connect Tabling Series

HHS Lobby

Stop by the Health and Human Services Lobby to meet directly with healthcare recruiters in a relaxed, informal setting. Each Nursing Career Connect session features one employer, giving you the opportunity to ask questions, make a meaningful connection, and explore:

- *Part-time and student employment*
- *Internships and fellowships*
- *Nurse residency programs*
- *New graduate nursing opportunities*

No appointment is necessary—stop by whenever your schedule allows!

Nursing Career Connect is open to students of all majors who are interested in healthcare careers.

Hosted by: Health and Human Services

12:30pm-2:30pm

PEP Talk Presents: The Chameleon Communicator (How to Be Comfortable and Credible in Any Room)

SOB 122

The School of Business Professional Enrichment Program brings in professionals twice per week, on Mondays and Wednesdays, to speak about interesting and enriching business topics. Free lunch is served, and students can earn certificates to add to their resumes when they attend three talks on the same topic.

Hosted by: School of Business

3:00pm-4:00pm

Bronze Kickoff!

ASC 201

Join us to learn more about the Bronze Leadership Certificate, and how to get involved!

**Attendance is not mandatory to enroll in program*

Hosted by: Office of Student Involvement & Leadership Development

5:00pm-7:00pm

APD Hits the Volleyball Court

Res Life Quad

Join APD for some volleyball in the res life quad!

**Attendance is not mandatory to enroll in program*

Hosted by: Alpha Phi Delta Fraternity

Tuesday, September 15th

2:15pm-3:15pm

New Club Workshop

ASC 217 - The Nest

Interested in starting a new club? Join the Office of Student Involvement to learn information on the steps it takes to bring your club dreams to life!

Hosted by: Office of Student Involvement & Leadership Development

3:00pm-4:00pm

Resume & LinkedIn Checkup

SOB 302

Join SCSU NABA for our Resume & LinkedIn Checkup, a hands-on professional development session designed to help you strengthen how you present yourself to employers and professional connections.

Bring your current resume and LinkedIn profile and come ready to identify areas for improvement, strengthen your professional presence, and make updates that can help you stand out as you prepare for internships and future career opportunities.

Whether you're starting from scratch or already have a resume and LinkedIn profile, this session is an opportunity to take the next step in building your professional brand

Hosted by: SCSU NABA

3:00pm-4:00pm

TKE Talk

Engleman Rotunda

Swing by and kick it with the brothers of Tau Kappa Epsilon at our TKE Talk. Grab some candy, answer a debate question, share your take, and get to know some of the brothers. Whether you're just passing by or looking for a place to hang between classes, pull up and spend a little time with us. Stop by for some interesting conversations, good vibes, and a chance to meet TKE.

Hosted by: Tau Kappa Epsilon Fraternity

3:00pm-4:30pm

Mocktails & Mingling

Engleman D055A

Come make mocktails and semester bucket lists with Psych Club & Psi Chi.
Get to know fellow SCSU & psychology students!

Hosted by: Psychology Club

6:00pm-8:00pm

International Night

Multicultural Center - ASC 202

Come celebrate different cultures, music, and community with the brothers of Tau Kappa Epsilon! Rep your roots and join us for a night filled with karaoke, games, refreshments, and plenty of good vibes. Bring your friends, grab a mic, play some games, or just hang out and celebrate different cultures with us.

Hosted by: Tau Kappa Epsilon Fraternity

7:00pm-9:00pm

Women's Volleyball vs Mercy University

Pelz Gym

Cheer on the Owls as they take on Mercy University at Pelz Gym!

Hosted by: Athletics & Recreation

7:00pm-10:00pm

ASA Charm Night

ASC 301

We will be holding a recruitment event where we will be designing charms!
Charm bracelets, keychains, etc!

Hosted by: Alpha Sigma Alpha Sorority

Wednesday, September 16th

11:00am-1:00pm

Wellbeing Fair

Academic Quad

Come discover resources to support your wellbeing throughout your college journey!

Hosted by: Wellbeing Center

11:00am-1:00pm

Headshots & LinkedIn Workshop

Engleman B121

Level Up Your LinkedIn!

Join Iota Phi Theta for a LinkedIn & Headshots Workshop! Learn how to build a strong LinkedIn profile while getting a professional headshot to help you stand out and grow your network.

Hosted by: Iota Phi Theta Fraternity, Inc.

12:00pm-2:00pm

News Show

Earl Hall 122

Come and watch or take part in our News Show!

Hosted by: SCSU TV

12:00pm-1:00pm

Flow Forward pt.1

ASC 309

Flow forward is Period@SCSU newly developed craft and stigma talk series. For this event we will be going over what a period is while bracelet making. Many people deal with this, but also may not have a full understanding, so come learn with us! And bring any questions you might have to break the stigma on period talk!

Hosted by: Period@SCSU

12:30pm-1:30pm

LaFe Bible Study - InterVarsity

ASC 303

Join us this semester as we discover our identity in Christ through His Word and grow together in faith and community with fellow Latinos on campus.

****Not exclusive to Latino students only****

Hosted by: InterVarsity Christian Fellowship

12:30pm-2:00pm

**At the Intersection: My Journey from Advocacy to Violence Prevention -
Special Needs Guest Speaker**

ASC 201

Professor Beirne will speak about those who are undervalued in our community and in desperate need of our help.

Hosted by: Sociology and Criminology Clubs

1:00pm-2:00pm

PEP Talk Presents: Attend the Accounting and Finance Career Fair

ASC Ballroom

At the check-in table, grab a card with the names of the companies printed on them. Visit at least six tables and have the representative from the firm stamp the card. Hand in the card in the PEP basket on the table when you leave. That will serve as your attendance for the day.

Hosted by: School of Business

6:00pm-7:30pm

Stay Fresh 101

Farnham Programming Space

A seminar and conversation about black men's hygiene.

Hosted by: Phi Beta Sigma Fraternity, Inc.

6:00pm-8:00pm

Family Feud

Farnham Programming Space

Join us for a fun night of Family Feud, food, and friendly competition! Enjoy delicious empanadas, compete with friends, and battle it out for prizes. Bring your team and come ready to have a great time!

Hosted by: Iota Phi Theta Fraternity, Inc.

7:00pm-8:30pm

Bible Study

Buley 207

Join 412 Christian Organization for our weekly Bible Studies!

Hosted by: 412 Christian Organization

7:00pm-9:00pm

Women's Soccer vs Queens College

Jess Dow Field

Cheer on the Owls as they take on Queens College at Jess Dow Field!

Hosted by: Athletics & Recreation

7:00pm-9:00pm

Paint and Sip with ProCon

ASC 217

Taco 'bout a Paint and Sip!! Come by and build your own tacos, paint, de-stress, socialize, and create something amazing!

Hosted by: Programs Council

Thursday, September 17th

11:30am-12:30pm

PB&J Thursday

Engleman B121 Breezeway

Thursdays just got a whole lot better!

Join ProCon on campus for PB&J Thursdays! Stop by, grab a free PB&J, enjoy snacks, a refreshing drink, and take a well-deserved break from your busy day!

Hosted by: Programs Council

12:00pm-5:00pm

American Red Cross Blood Drive

Engleman B121

Join us for an American Red Cross Blood Drive. Your donation can make a lifesaving difference for patients and families in our community. Every blood donation has the potential to help save up to three lives.

Sign Up to Donate. Schedule your appointment in advance using the link below:

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=SCSUNH>

Hosted by: Wellbeing Center

1:00pm-2:00pm

Life in Motion - Budgeting 101

Buley 449

Explore the true cost of living and learn how to create a realistic budget based on your income and expenses. This session will introduce budgeting tools and strategies to help you make informed financial decisions.

Hosted by: CASAS

5:00pm-6:00pm

Thursday Bible Study and Gathering

Interfaith Center ASC 236

Join Catholic Ministry for our weekly meeting at 5pm in the Interfaith Center!

Hosted by: Interfaith Center

5:00pm-6:00pm

Build-A-Kit

Engleman A105

Assemble your own semester "survival kit" and get to know the Pre-health Society club, both E-board and members.

Hosted by: Pre-Health Society

7:00pm-8:00pm

Finer CreationZ

Farnham Programming Space

Join the ladies of Zeta Phi Beta sorority Incorporated as we come together to make top bags and pipe cleaner flowers.

Hosted by: Zeta Phi Beta Sorority, Inc.

7:00pm-8:00pm

InterVarsity Christian Fellowship Large Group Bible Study

ASC 306

Strengthening our relationship with the Lord reading his word and building community through Jesus! Everyone is welcome!

Hosted by: InterVarsity Christian Fellowship

Friday, September 18th

12:00pm-1:30pm

QPR Gatekeeper Training

ASC 326

Register [HERE](#)

QPR's mission is to reduce suicidal behaviors and save lives through effective suicide prevention training. By recognizing signs of crisis, anyone can be empowered to make a positive difference in someone's life.

Hosted by: Wellbeing Center

7:00pm-9:00pm

Women's Volleyball vs Mercy University

Pelz Gym

Cheer on the Owls as they take on Mercy University at Pelz Gym!

Hosted by: Athletics & Recreation

7:00pm-9:00pm

Men's Soccer vs Franklin Pierce University

Jess Dow Field

Cheer on the Owls as they take on Franklin Pierce University at Jess Dow Field!

Hosted by: Athletics & Recreation

Saturday, September 19th

5:00pm-8:00pm

Men's Football vs American International College

Jess Dow Field

Cheer on the Owls as they take on American International College at Jess Dow Field! The night will also feature food trucks (Tacos Santa Ines, Spuds Your Way and Repicci's Italian Ice), and there will be 100 complimentary tickets per truck (first come, first served basis). We look forward to seeing you there!

Hosted by: Athletics & Recreation

Sunday, September 20th

11:00am-1:00pm

SCSU Men's Club Soccer vs Quinnipiac University

Jess Dow Field

Come watch SCSU Men's Club Soccer take on Quinnipiac in their home opener!

Hosted by: Recreation & Fitness

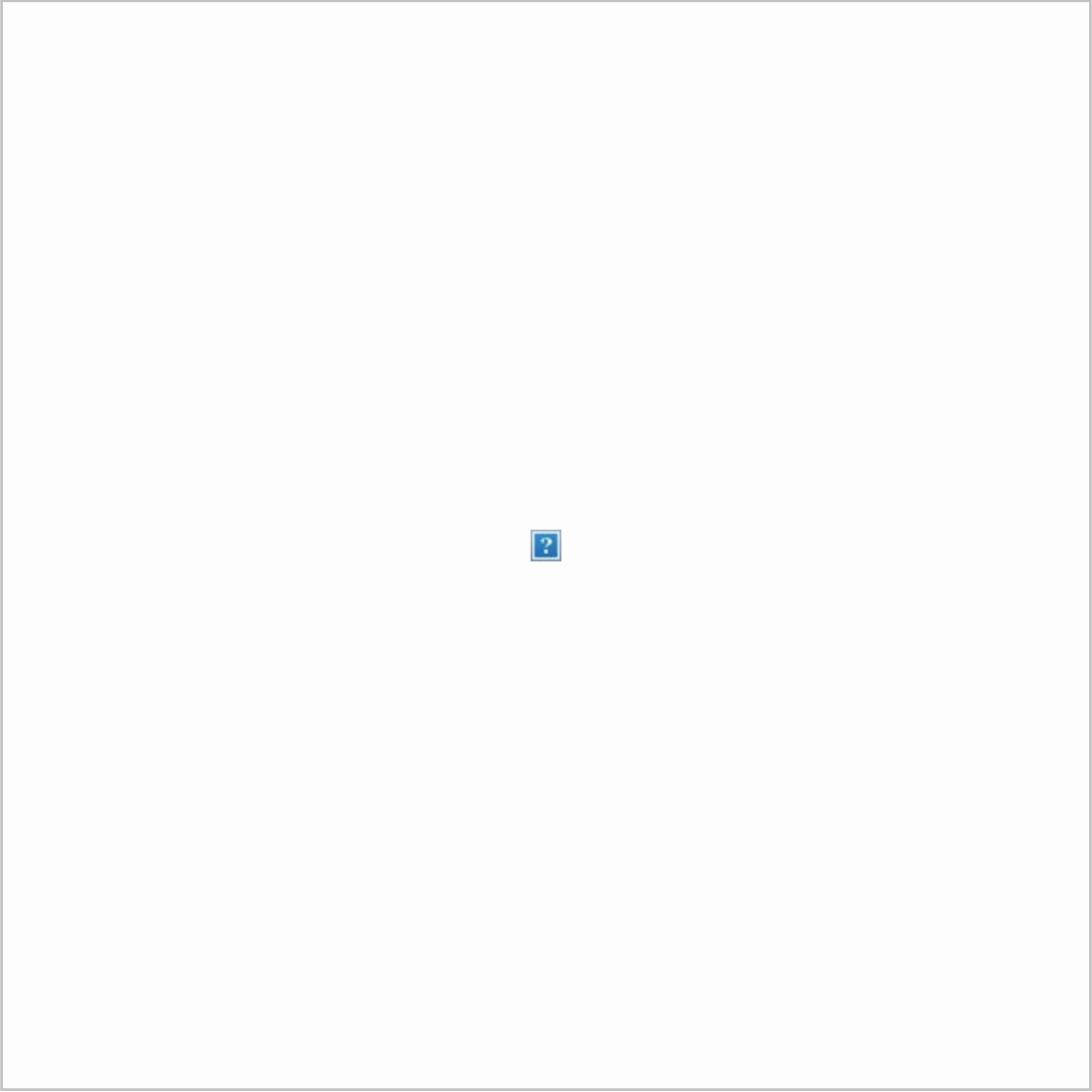


Helpful Links- these are a number of helpful links that we have gathered specifically for parents/families that will be helpful now and in the future.

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!

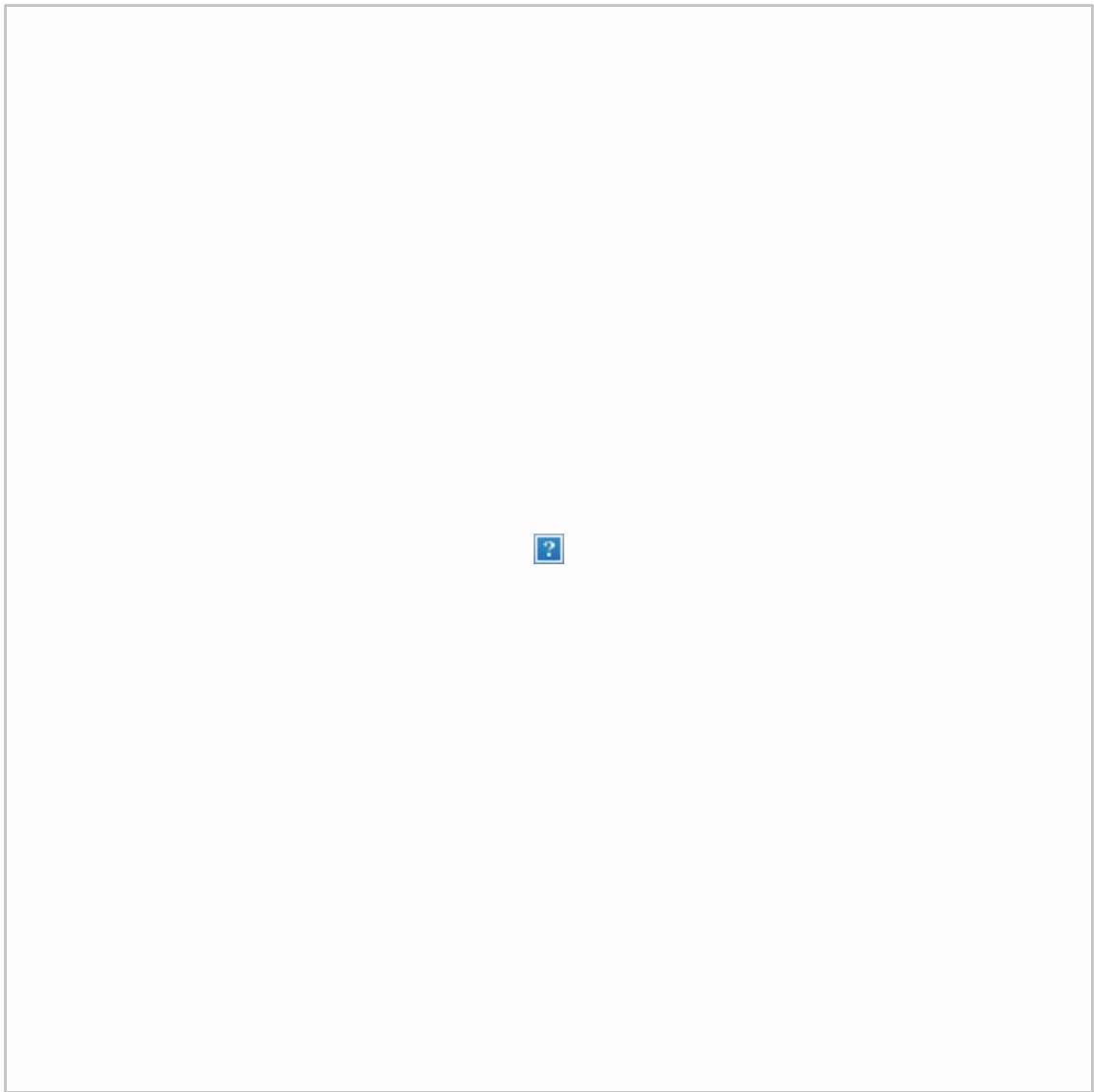
Advising- information regarding academic advising.





Remember to register for Family Day!

Family - Homecoming and Family Weekend - Southern Connecticut State
University



orientation@southernct.edu

203.392.5168

501 Crescent Street

06515, New Haven

[Unsubscribe](#)

Mailin

