

**From:** [Dr. Sal Rizza, Director of OTFE](#)  
**To:** [Rizza, Salvatore A.](#)  
**Subject:** Family Update: Week 6, September 28th  
**Date:** Monday, September 28, 2026 10:21:10 AM

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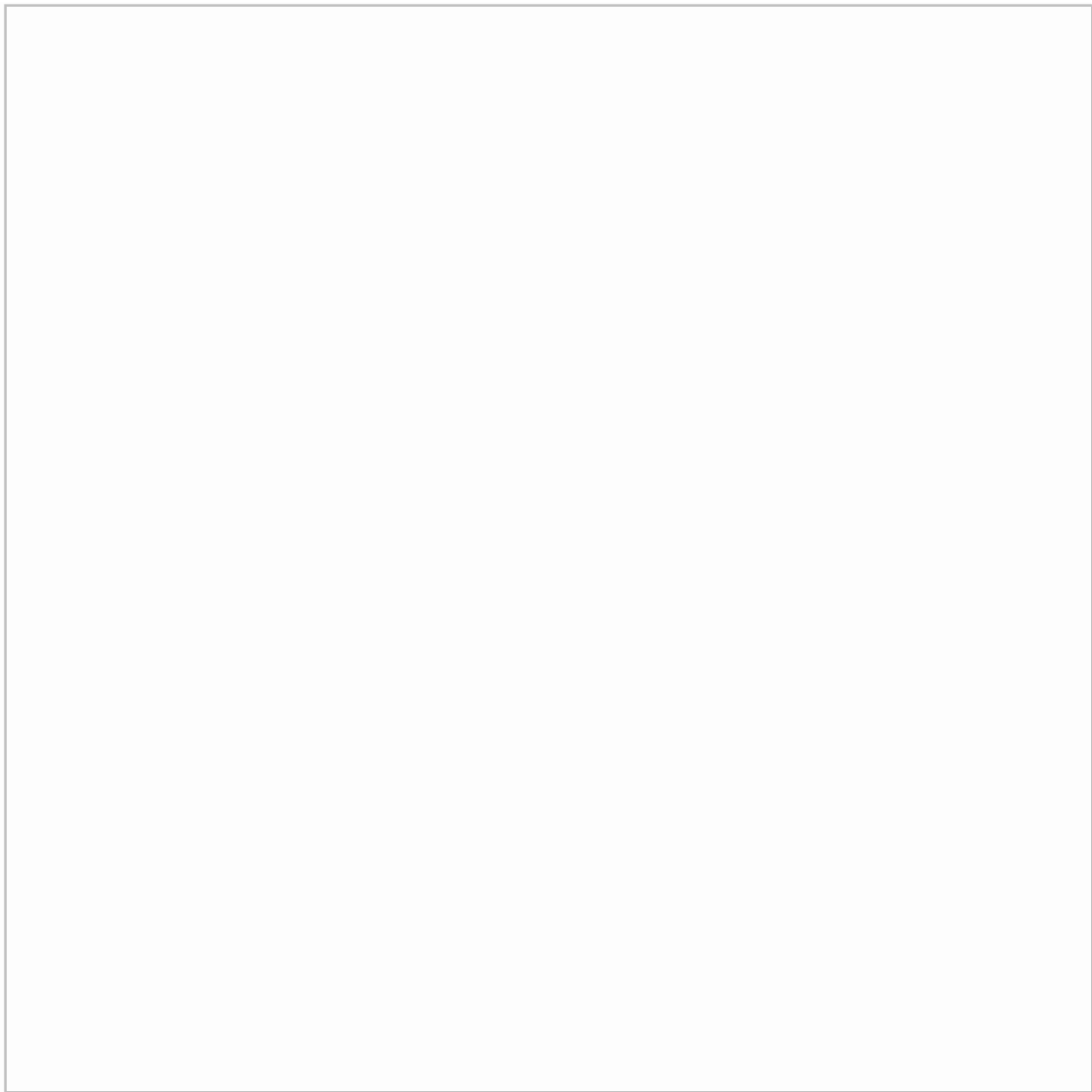
**Family Update: September 28, 2026**

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**This email contains the following:**

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

- Weekly Feature
    - A Message from Dr. Sergio Perez
  - News and Notes
    - Major and Minor Fair
    - Homecoming and Family Weekend in two week!
  - This Week at Southern
  - Resources
-



**Dear Owl Families,**

We are now six weeks into the semester and nearing the midpoint of the fall term.

By this point, many students have settled into their routines and are balancing classes, involvement, work, and new relationships. While some students are feeling more confident and connected, others may be experiencing increased stress as exams, projects, and deadlines begin to build.

As you connect with your student this week, consider asking questions that focus on their overall experience rather than just academics. Questions like *"What's been the best part of your semester so far?"* or *"What has challenged you the most?"* can lead to meaningful conversations.

A few reminders for supporting your student:

**1. Encourage Help-Seeking.**

Successful students know when to ask for help. Encourage your student to connect with professors, attend office hours, and utilize resources such as CASAS when needed.

**2. Focus on Growth.**

College is a learning process. Remind your student that setbacks and challenges are a normal part of developing resilience and confidence.

**3. Stay Connected.**

A quick text, phone call, or note of encouragement can make a significant difference during busy and stressful weeks.

**Homecoming & Family Weekend**

We are also excited to welcome families back to campus for **Homecoming & Family Weekend on October 10**. This is a wonderful opportunity to spend time with your student, experience campus life firsthand, and celebrate the Southern community together.

For event details and registration information, please visit:

<https://go.southernct.edu/homecoming/family.php>

As always, please let us know how we can support your student throughout their Southern journey.

**Sincerely,**

**Dr. Sal Rizza**

Director of Orientation, Transition & Family Engagement  
Southern Connecticut State University

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***Message from Dr. Sergio Perez, Vice President for Diversity, Equity, and Inclusion***

Hola Southern Families and Supporters,

My name is Sergio Pérez, and I have the privilege of serving as Southern Connecticut State University's Vice President for Diversity, Equity, and Inclusion. I am a first-generation college graduate and the son of Mexican immigrants, so I know personally how much families, loved ones, and communities contribute to a student's journey through higher education. I constantly share how I am where I am today because of the sacrifice and trust my family and community committed to me when I was a college student.

At Southern, our Diversity, Equity, and Inclusion area works to help create a university where every student has the opportunity to thrive. Our student facing work includes the Multicultural Center, SAGE Center, and Interfaith Center, as well as programs and initiatives focused on student success. We want students to know there are people and spaces at Southern where they can find community, seek support, learn from others, and be fully engaged in university life.

This month is an especially meaningful one for our community. As we celebrate Hispanic Heritage Month, Southern is also continuing to embrace our identity as a Hispanic-Serving Institution. As I recently shared with our campus community, becoming an HSI is about more than the number of Latino/a/e students who choose Southern it is a commitment to continually ask how well we are serving our students, families, and communities from which they come.

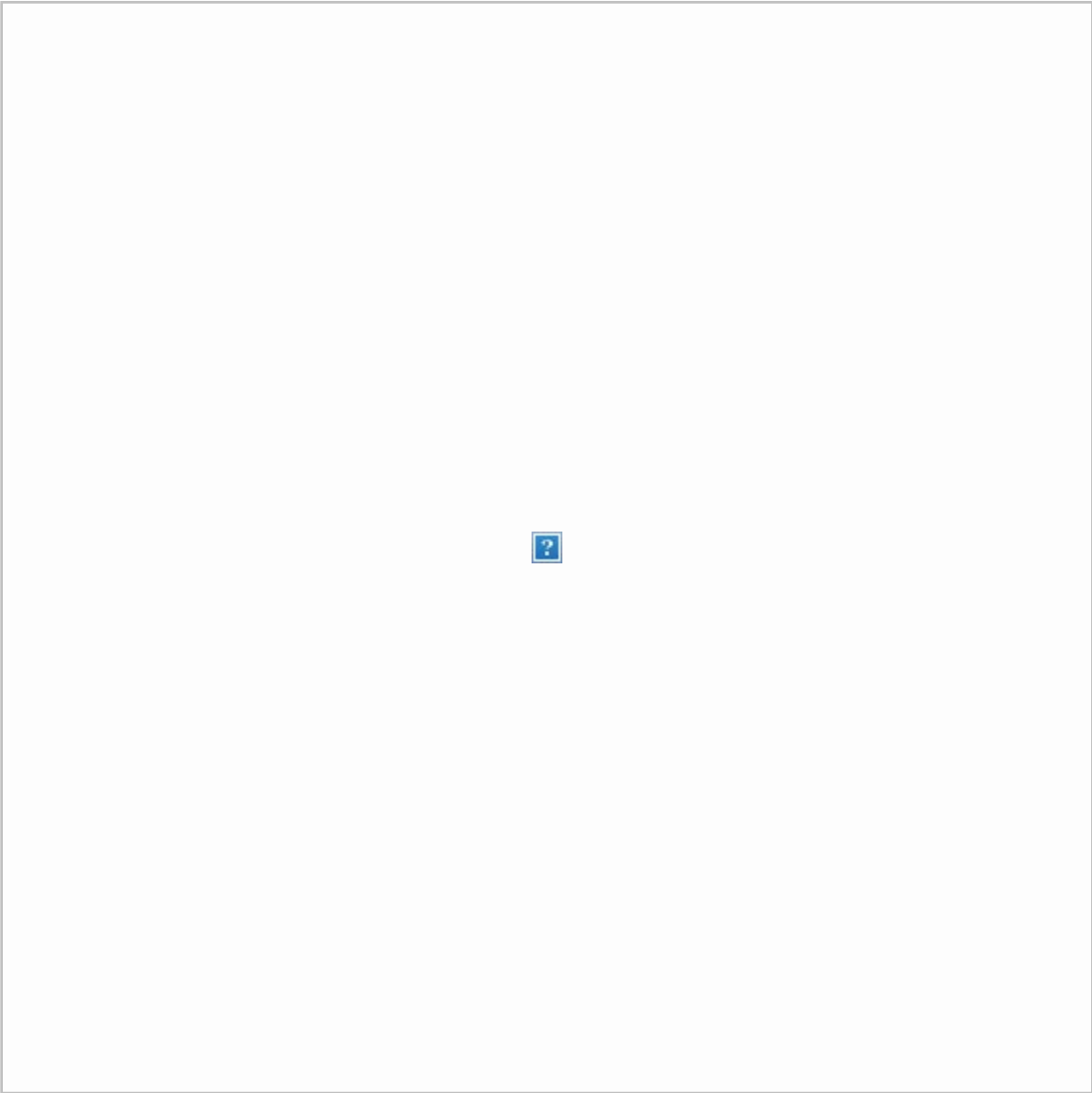
Throughout Hispanic Heritage Month, and indeed throughout the entire year, you will see opportunities for students to celebrate who they are, encounter cultures and experiences different from their own, build community, and engage in conversations that help them grow.

Families and supporters are important partners in that work. Thank you for entrusting Southern with someone who matters deeply to you and for everything you do to support their journey. I hope your student will find a home within our spaces and programs, and I look forward to all that we will continue building together.

Con mucho orgullo,

**Sergio**

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**[Click here to register for Homecoming and Family Day!](#)**





*Every week, Southern sends an email to all students highlighting the events for the week. We will share a selection of those events here.*

*This week is Major and Career Exploration Week. Today (Monday) you'll find the Major and Minor Fair from 12:00 - 2:30 pm in the ASC Ballroom, Then, throughout the week, you'll see opportunities to visit departments across the university to learn more about the majors and minors that we offer. Even if you've chosen your major, you might want to stop by to tell others why it is your choice.*

For additional activities and club meetings, visit [OwlConnect!](#)

### **Owl Royalty Deadline Approaching!**

Do you represent what it means to be a Southern Owl? If so, apply to become Owl Royalty and win \$250.00 to Amazon!

Click [HERE](#) to apply!

**The deadline to apply is Wednesday, September 30th at 11:59pm.**

### **Monday, September 28th**

9:00am-11:00am

#### **Good Morning Commuters**

The Nest - ASC 217

Join us in the Nest for a free breakfast. You can grab and go or hang back and relax with a Community Navigator.

**Hosted by: Office of Student Involvement & Leadership Development**

12:00pm-1:00pm

#### **Mindfulness Mondays Walk**

Buley Patio

Start your week with a moment to slow down, breathe, and reset. Join us for Mindfulness Mondays, a relaxed walk around campus designed to help you step away from the busyness of the day, get some fresh air, and reconnect with yourself and your surroundings.

**Hosted by: Wellbeing Center**

12:00pm-2:30pm

#### **Major and Minor Fair**

ASC Ballroom

Explore your academic options at the annual Major & Minor Fair, where you can meet faculty and advisors from across campus, ask questions, discover new programs, and grab some department swag and door prizes. The fair kicks off Week of Major and Career Exploration (September 28–October 2), with additional department events and open office hours happening throughout the week—check the community calendar for details!

**Hosted by: Academic Advising**

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***

*1:00pm-2:00pm*

### ***PEP Talk Presents: Why Cultural Competency May Be Your Future Success Story***

*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***

*2:15pm-3:15pm*

### ***Sew What? Drop-in Sewing Help***

*Buley Makerspace*

*Learn to sew, by hand or machine. Get advice and help repairing, altering, or embellishing clothing and accessories.*

***Hosted by: Buley Library***

*2:30pm-3:30pm*

### ***Content and Brand Marketing 101***

*ASC 217 — The Nest*

*A discussion about helping you build the foundation for yourself to start your own career in digital spaces.*

**Hosted by: Content Creatives**

3:00pm-5:30pm

**UAP Success Hours**

UAP Pass Office - ENG B025A

A quiet space for students to grab a snack, study and get some support from our UAP Graduate team!

**Hosted by: University Access Programs**

3:30pm-5:30pm

**Thrifty Owl Reuse Store**

North Campus Midrise Gameroom

Looking for FREE dorm essentials? Stop by the Thrifty Owl Reuse Store, your go-to spot for gently used items to help make your SCSU space feel like home—without spending a dime!

Open Mondays from 4:00–6:00 PM and Thursdays from 3:30–5:30 PM through November 19.

Browse our selection of household goods, decorations, school supplies, and other dorm essentials—all available FREE to SCSU students.

Have items you no longer need? Pay it forward and donate to the Thrifty Owl!

We accept clean, gently used items throughout the year and welcome donations that help keep the store stocked for fellow students.

**Hosted by: Sustainability Office**

3:30pm-4:30pm

**Fall Paint and Sip!**

ASC 309

Join us for a Fall-themed paint and sip with apple cider and cider donuts provided. Let loose your creativity and enjoy some treats!

**Hosted by: PRISM**

5:00pm-6:30pm

**QPR Gatekeeper Training**

ASC 326

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**

6:00pm-8:00pm

**Sweet Treat Extravaganza**

Farnham Programming Space

Join us for a sweet night filled with all your favorite treats!

Come frost, decorate and take home your own cupcake, enjoy Insomnia

Cookies, grab some ice cream, and discover even more delicious surprises.

Come hang out, get creative, satisfy your sweet tooth, and enjoy a fun night with friends!

**Hosted by: Programs Council**

6:30pm-8:00pm

**Bailando Bachata**

Multicultural Center - ASC 202

Learn the basics of bachata with Lambda Alpha Upsilon and OLAS

(Organization of Latin

American Students). We'll teach you the basic steps, practice together as a group, and give

you the chance to dance with others. Whether it's your first time or you already know a few

moves, everyone is welcome to come learn, meet new people, and have fun.

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

**Tuesday, September 29th**

8:00am-11:00am

**Journalism, Public Relations, Drone Technology Open Exploration Hours -  
Week of Major and Career Exploration**

Morrill Hall 202

Interested in reporting, drone technology, or public relations? Stop by

Journalism Open Exploration Hours to learn more about the Journalism major and minor, Public Relations minor, and Drone minor. Drop in anytime during the open hours to explore your options, ask questions, and connect with faculty.

**Hosted by: Department of Journalism**

9:00am-11:00am

**Good Morning Commuters**

ASC 217 - The Nest

*Join us in the Nest for a free breakfast. You can grab and go or hang back and relax with a Community Navigator.*

**Hosted by: Office of Student Involvement & Leadership Development**

*11:00am-12:30pm*

**University Fall Town Hall**

*ASC Ballroom*

*Join Interim President Bulmer and members of her Senior Leadership Team for a Fall University Town Hall.*

**Hosted by: Office of the President**

*11:00am-1:00pm*

**Women's and Gender Studies Minor Open Exploration Hours - Week of Major and Career Exploration**

*ENG B225*

*Curious about how gender shapes our experiences, communities, and world? Stop by to meet faculty, learn more about the Women's & Gender Studies minor, and discover how this interdisciplinary program can complement your major and your academic and career interests.*

**Hosted by: Women and Gender Studies**

*12:00pm-1:30pm*

**Political Science Meet & Greet! - Week of Major and Career Exploration**

*ENG C226A*

*Interested in Political Science major or minor—or already a major and want to connect with others in the program? Stop by the Political Science Meet & Greet to enjoy some pizza, meet faculty, fellow students, and learn more!*

**Hosted by: Political Science**

*12:30pm-2:30pm*

**Healthcare Systems and Healthcare Management Open House**

*HHS 3rd Floor Lobby*

*Drop in to meet the Healthcare Systems & Innovation faculty and learn about the Healthcare Studies and Healthcare Management majors!*

**Hosted by: Health and Human Services**

*1:00pm-3:00pm*

**Design Your Own Major with Interdisciplinary Studies - Week of Major and**

## **Career Exploration**

ENGB219

*Have interests that span more than one department? Stop by and talk with an Interdisciplinary Studies advisor about building a major around what actually excites you.*

*We'll walk you through how the IDS program works, what a self-designed degree can look like, and how to turn two or three passions into one focused academic plan. Grab a snack, check out our new Student Space, and pick up a code for our self-paced video module if you want to keep exploring on your own time.*

**Hosted by: Interdisciplinary Studies**

3:00pm-4:00pm

### **Game Day with NABA**

SOB 102

*Join SCSU NABA for games, food, and good company.*

**Hosted by: SCSU NABA**

3:00pm-5:00pm

### **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**

3:15pm-4:15pm

### **CV and Resume Building**

EN D055A

*Join Psi Chi to learn how to build an optimal CV and resume for graduate school applications and future careers!*

**Hosted by: Psi Chi - International Honor Society for Psychology Majors**

5:00pm-6:00pm

### **Paint, Create, and Get to Know CEC**

ASC 217 - The Nest

Come paint with CEC and get to know our club officers, mission, and planned meetings! This is a fun opportunity to share ideas, connect with new people, and create your own masterpiece.

**Hosted by: Council for Exceptional Children**

7:00pm-8:30pm

**Estudia Con Los Condors**

ASC 217 - The Nest

Study alongside the hermanos of Lambda Alpha Upsilon in a comfortable environment

where you can stay focused and get work done. Bring your homework, prepare for exams,

work on projects, or catch up on assignments while we provide snacks and a space to study

with other students.

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

7:00pm

**Men's Soccer vs St. Thomas Aquinas College**

Jess Dow Field

Cheer on the Owls as they take on St. Thomas Aquinas College!

**Hosted by: Athletics and Recreation**

**Wednesday, September 30th**

9:00am-11:00am

**The Study Spot Cafe**

ASC 217 - The Nest

Community Navigators invite you to The Study Spot Cafe for a quiet study session. Set a goal, then enjoy coffee and snacks. Achieve your goal for the day and be entered for a chance to win an

Amazon Gift Card!

**Hosted by: Office of Student Involvement & Leadership Development**

10:00am-12:00pm

**Economics - Open Exploration Hours - Week of Major and Career Exploration**

*SOB 438*

*Curious about how money, markets, businesses, and policy shape the world around us? Stop by Economics Open Exploration Hours to learn more about the Economics major and the skills, career paths, and opportunities it can offer. Drop in anytime during the open hours to ask questions, explore your options, and connect with faculty.*

**Hosted by: School of Business**

*10:00am-12:00pm*

**Art and Design Open Exploration Hours - Week of Major and Career Exploration**

*Earl Hall 111*

*Explore your creative side and discover the many possibilities in Art & Design! Meet faculty, ask questions, and learn about majors and minors in Photography, Graphic Design, Art History, Ceramics, Art Education, Jewelry & Metals, Printmaking, Painting, and Sculpture.*

**Hosted by: Art Department**

*11:00am-1:00pm*

**Chemistry and Biochemistry - Wings and Pizza - Week of Major and Career Exploration**

*SCI 340D*

*Curious about Chemistry or Biochemistry—or already part of the major? Stop by the Chemistry & Biochemistry Department's Open Office Hours during the Week of Major and Career Exploration!*

*Meet faculty, connect with current students, explore programs and career pathways, and get your questions answered in a relaxed, welcoming setting. Come for the conversation, stay for the pizza and wings! Whether you're considering a major, exploring your options, or looking to connect with your department, this is a great opportunity to discover where Chemistry and Biochemistry can take you.*

**Hosted by: Chemistry Department**

*11:00am-1:00pm*

**School of Social Work Information Session and Open Office Hours - Week of Major and Career Exploration**

*Lang House*

*Come join BSW Program Coordinator Dr. Alberto Cifuentes, Jr., for a brief*

*presentation on the social work major. Afterward, join him for open office hours to discuss the program, career options, and more!*

**Hosted by: Social Work**

11:00am-1:00pm

**Curriculum and Learning Open Exploration Hours- Early and Elementary Education Programs- Week of Major and Career Exploration**

Davis Hall 116

*Interested in working with children and making a difference through education? Stop by Curriculum and Learning Open Exploration Hours to learn more about majors in Early Childhood Education and Elementary Education. Drop in anytime during the open hours to explore your options, ask questions, and connect with faculty.*

**Hosted by: Curriculum and Learning**

11:00am-1:00pm

**World Languages and Literatures Open Exploration Hours**

ENGD149

*Interested in languages, cultures, or connecting with people around the world? Stop by to learn about majors and minors in World Languages & Literatures, explore TESOL, and talk with faculty about how language and cultural studies can complement your major and expand your academic and career opportunities.*

**Hosted by: World Languages and Literatures**

11:30am-1:30pm

**Pack Your Peace**

ASC 217 - The Nest

*College can get busy, so take a moment to pack your peace! Stop by and create your own grab-and-go self-care kit with items like lotion, face masks, scrub gloves, loofahs, and more.*

*We'll also be collaborating with the Wellbeing Center, where you can learn helpful tips on how to take care of yourself and prioritize your well-being while navigating life on a college campus!*

*Come grab some goodies, learn a few self-care tips, and take a little time for yourself. You deserve it!*

**Hosted by: Programs Council**

12:00pm-2:00pm

**Thoughts From a Racing Mind**

ASC 306

Join our club meeting as we discuss the struggles of connecting to the deen as imperfect people, play games, and have pizza :)

**Hosted by: Muslim Students Association**

12:00pm-2:00pm

**Public Health - Open Exploration Hours - Week of Major and Career Exploration**

HHS 340

Curious about careers in health, wellness coaching, and community impact? Stop by the Public Health Open Exploration Hours to learn more about majors and minors in Health & Wellness Coaching and Public Health. Drop in to ask questions, explore your options, and connect with faculty.

**Hosted by: Public Health**

12:00pm-2:00pm

**News Show**

Earl Hall 122

Level Up Your LinkedIn!

Come and watch or take part in our News Show!

**Hosted by: SCSU TV**

1:00pm-2:00pm

**History for Pizza - Week of Major and Career Exploration**

HHS 340

Enjoy some pizza while exploring the History major and minor! Meet faculty, learn about interesting career paths and internship opportunities, and discover where studying history can take you.

**Hosted by: History Department**

1:00pm-2:00pm

**Anthropology - Open Exploration Hours - Week of Major and Career Exploration**

ENG013

Curious about people, cultures, and the human origins? Stop by to meet Dr. Michael Rogers and learn about Anthropology majors and minors at Southern.

**Hosted by: Anthropology Department**

1:00pm-2:00pm

**PEP Talk Presents: LinkedIn Level-Up-Leave with a stronger professional online presence!**

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**

1:00pm-2:30pm

**Mic Check, Find Your Place in Communication, Media, and Screen Studies - Week of Major and Career Exploration**

Earl Hall 122

Interested in communication, media, film and television, advertising, social media, or creating content? Stop by Mic Check to meet CMS faculty and discover how our flexible Interest Pathways can help you build a major around what interests you. Then grab a mic and join the conversation as we record a podcast—with opportunities to participate on-air or help behind the scenes. Come curious. Find your path. Make something with us.

**Hosted by: Communication, Media, and Screen Studies Department**

1:10pm-1:50pm

**Meet the Mathematics Department - Week of Major and Career Exploration**

ENG D125

All students interested in the Mathematics major or minor or in the Data Science major are welcome to attend this event and to meet the faculty.

**Hosted by: Mathematics Department**

1:10pm-2:00pm

**History Department Open House**

ENG C219F

An Open House hosted by the History Department. Meet in our Seminar Room, have snacks, and discuss History Club and other student resources with faculty and majors.

**Hosted by: History Department**

3:00pm-5:30pm

**UAP Success Hours**

UAP Pass Office - ENG B025A

A quiet space for students to grab a snack, study and get some support from our UAP Graduate team!

**Hosted by: University Access Programs**

6:00pm-8:00pm

**B.R.O.S.E. Unpopular Opinions**

ASC Theater

This event gives students a space to share opinions, debate different topics, and have fun conversations about college life, relationships, culture, music, sports, social media, and more.

The goal is to create a fun, interactive, and social event that brings different student organizations and students together early in the semester.

**Hosted by: B.R.O.S.E.**

6:30pm-8:00pm

**Multicultural Greek Council Food Tasting**

ASC Theater

Experience the different cultures represented throughout Southern's campus through food. Participating organizations will each bring a dish that represents part of their culture, giving you the chance to try foods from different backgrounds all in one place. You'll also have the opportunity to meet members from Southern's Multicultural Greek Council and other student organizations while learning more about them.

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

7:00pm-9:00pm

**Field Hockey vs Dominican University of New York**

Jess Dow Field

Cheer on the Owls as they take on Dominican University of New York at Jess Dow Field!

**Hosted by: Athletics & Recreation**

**Thursday, October 1st**

9:00am-4:00pm

**ASA Buzzathon**

Buley Patio

We will be hosting our annual buzzathon!! We will be having haircuts, raffle baskets, etc!!

**Hosted by: Alpha Sigma Alpha Sorority**

9:00am-11:00am

**The Study Spot Cafe**

ASC 217 - The Nest

Community Navigators invite you to The Study Spot Cafe for a quiet study session. Set a goal, then enjoy coffee and snacks. Achieve your goal for the day and be entered for a chance to win an Amazon Gift Card!

**Hosted by: Office of Student Involvement & Leadership Development**

10:00am-11:00am

**Earth Science Open Exploration Hours - Week of Major and Career Exploration**

Academic Science Building 218B

Curious about Earth Science and where it could take you? Stop by to meet Earth Science faculty, ask questions, and tour the facilities while learning more about the major, minors and opportunities in the field.

**Hosted by: Earth Science Department**

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**

1:00pm-2:00pm

**Life in Motion - How-To Save**

Buley 449

Learn the importance of saving money and discover practical strategies for

*building healthy financial habits. Topics will include setting savings goals, create emergency funds, and develop a plan for future financial success.*

**Hosted by: CASAS**

*1:00pm-3:00pm*

**Music Open Exploration Hours - Week of Major and Career Exploration**

*Earl Hall 120*

*Love music and interested in making it part of your college experience? Come find out more about what it's like to study music at Southern and what career options open up with your music degree!*

**Hosted by: Music Department**

*2:00pm-3:00pm*

**Explore Theatre - Behind the Scenes Tour of Cabaret - Week of Major and Career Exploration**

*Lyman Center Lobby*

*Explore opportunities in Theatre with a personalized behind-the-scenes tour of the upcoming production of Cabaret! Visit the stage, backstage, rehearsal and dressing rooms, costume and scenic shops, and lighting and sound control booths to see how a production comes to life before Cabaret opens October 9.*

**Hosted by: Theater Department**

*2:30pm-4:30pm*

**Physics Open Exploration Hours - Week of Major and Career Exploration**

*Academic Science Building 108C*

*Curious about physics and the science behind how our world works? Stop by Physics Open Exploration Hours to learn more about the Physics major, explore opportunities in the field, ask questions, and connect with faculty.*

**Hosted by: Physics Department**

*3:00pm-4:00pm*

**From Southern to Service: A Peace Corps Journey in Peru**

*The Nest - ASC 217*

*Curious about life and work abroad?*

*Join SCSU alumnus Samuel Martin '23, a current Peace Corps Volunteer in rural Peru, as he shares an inside look at international service. Sam will discuss his work in education and youth development, the personal and professional growth he has experienced, and what students should know about applying to*

and serving in the Peace Corps. Food/refreshments will be served.

During the session, students will learn about:

- What Peace Corps service is really like
- Working in education and youth development in rural Peru
- Professional and personal growth through international service
- The application process and benefits of serving
- Sam's advice for students considering the Peace Corps

The session will conclude with a question-and-answer period.

**Hosted by: Career and Professional Development**

3:00pm-5:30pm

**UAP Success Hours**

UAP Pass Office - ENG B025A

A quiet space for students to grab a snack, study and get some support from our UAP Graduate team!

**Hosted by: University Access Programs**

3:30pm-5:30pm

**Thrifty Owl Reuse Store**

North Campus Midrise Gameroom

Looking for FREE dorm essentials? Stop by the Thrifty Owl Reuse Store, your go-to spot for gently used items to help make your SCSU space feel like home—without spending a dime!

Open Mondays from 4:00–6:00 PM and Thursdays from 3:30–5:30 PM through November 19.

Browse our selection of household goods, decorations, school supplies, and other dorm essentials—all available FREE to SCSU students.

Have items you no longer need? Pay it forward and donate to the Thrifty Owl!

We accept clean, gently used items throughout the year and welcome donations that help keep the store stocked for fellow students.

**Hosted by: Sustainability Office**

7:15pm-8:30pm

**Lambda Alpha Upsilon Open Informational**

ASC 309

Students interested in learning more about Lambda Alpha Upsilon and what it means to be a part of our brotherhood are invited to attend our Open Informational. We'll give you a personal overview of our organization and

answer any questions you may have.

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

7:15pm-9:00pm

**Project SET**

ASC 308

Come study with the brothers of the Omicron Theta Chapter of Phi Beta Sigma Fraternity, Inc.

**Hosted by: Phi Beta Sigma Fraternity, Inc.**

**Friday, October 2nd**

10:00am-2:00pm

**Freedom Friday**

Granoff Hall

Learn how to quit vaping! Appointments preferred, but drop-ins welcome.

**Hosted by: Health Services**

2:00pm-4:00pm

**UAP Fridays with a Purpose: Lead the Way! Professional and Leadership Workshop**

Engleman B121

Students will explore the Leadership and Professionalism NACE Competencies through fast-paced, hands-on activities that show how leadership and professionalism work together. Professionalism is about how you show up; leadership is about how you elevate others. When combined, they help students become reliable, ethical, and confident contributors in any environment.

**Hosted by: University Access Programs**

4:30pm-6:30pm

**Shabbat**

English Lounge, Engleman D253

Join Hillel for our weekly Shabbat!

**Hosted by: Hillel - Jewish Students Organization**

5:00pm-7:00pm

**Women's Volleyball vs Saint Anselm College**

Pelz Gym

Cheer on the Owls as they take on Saint Anselm College at Pelz Gym!

**Hosted by: Athletics & Recreation**

6:00pm-8:00pm

**Fall of Freedom Student Play Festival**

Kendall Drama Lab - Lyman Center

Join us for an evening of student-written plays, performance, conversation, and collective action as part of Fall of Freedom, a nationwide movement bringing artists and communities together October 2–4.

**Hosted by: SCSU Theater**

**Saturday, October 3rd**

1:00pm-3:00pm

**Caramel and Connections**

Farnham Programming Space

Join PA Simone for Caramel & Connections, a sweet and fun candy apple-making event! Create your own caramel apple while connecting with others and enjoying a fall-inspired activity.

**Hosted by: Residence Life**

1:00pm-3:00pm

**Field Hockey vs American International College**

Jess Dow Field

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

**Hosted by: Athletics & Recreation**

4:00pm-6:00pm

**Women's Soccer vs Southern New Hampshire University**

Jess Dow Field

Cheer on the Owls as they take on Southern New Hampshire University at Jess Dow Field!

**Hosted by: Athletics & Recreation**

**Sunday, October 4th**

11:00am-1:00pm

**Women's Club Soccer vs Wesleyan University**

Jess Dow Field

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

**Hosted by: Athletics & Recreation**

11:30am-2:00pm

**Lake Cleanup with the Biology Club!**

Six Lakes in Hamden

Help Save the Sound! Join us on October 4th in helping local wildlife and making our community greener by volunteering to pick up trash with the Biology Club!

Self-transportation is required but carpooling is encouraged. We will meet at the Brownell commuter lot at 11:30 before leaving for the cleanup. We hope to see you there!

**Hosted by: Biology Club**

2:00pm-4:00pm

**Men's Club Soccer vs Marist University**

Jess Dow Field

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

**Hosted by: Athletics & Recreation**

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**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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