

From: [Southern Connecticut State University](#)
To: [Rizza, Salvatore A.](#)
Subject: Owl Family Update: Week 8, October 12
Date: Monday, October 12, 2026 9:58:01 AM

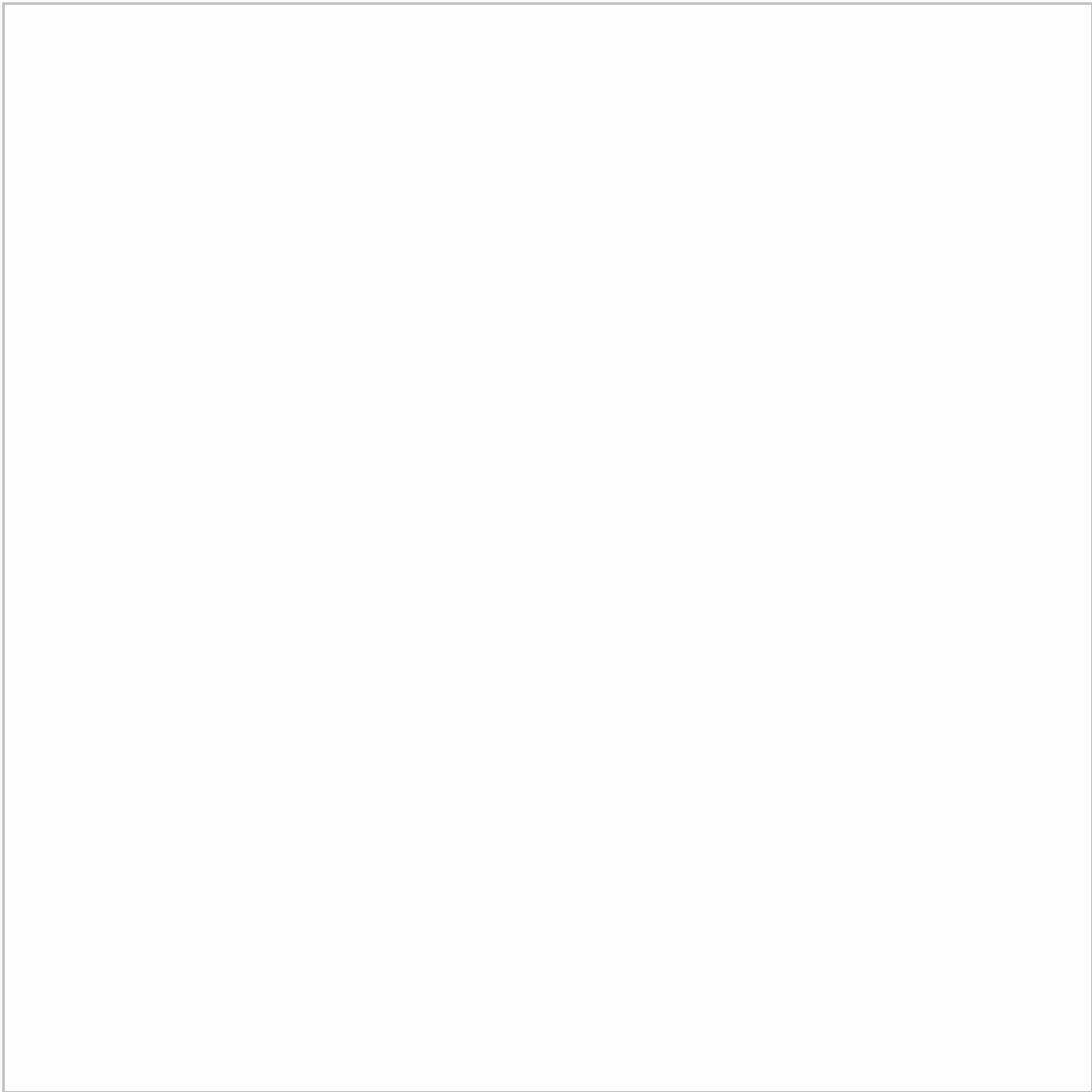


Family Update: Date

This email contains the following:

Message from the Director of Orientation,
Transition & Family Engagement

- Thank you for a great Homecoming and Family Weekend!
 - Weekly Feature
 - Dr. Nick Pinkerton, Associate Dean of Counseling Services and Wellbeing
 - News and Notes
 - Homecoming and Family Weekend Photos
 - This Week at Southern
 - Resources
-



Dear Owl Families,

We've officially reached **Week 8 of the semester!**

First, a huge **thank you** to everyone who joined us for this year's **Family Day** this weekend! We had **more than 1,600 registered guests**, and it was wonderful to welcome so many families back to campus. The weather was beautiful, and the campus was full of energy and Owl pride.

The entire **Homecoming and Family Weekend** was filled with excitement and community spirit. On Thursday night, more than 400 students attended the Pep Rally. On Friday, **over 500 students and their siblings** participated in **Sibling Night**, followed by our *Breakfast and Bingo After Dark* in Conn Hall. It was truly a weekend to remember!

Now that we're in the **week after midterms**, many students are reflecting on their progress and considering how to move forward during the second half of the semester. This is an ideal time to reassess goals, study strategies, and time management plans. We encourage students to take advantage of the **Center for Academic Success and Accessibility Services (CASAS)** for tutoring, academic coaching, study skills support, and other resources designed to help them finish the semester strong.

This week's **Weekly Feature** focuses on student wellbeing, an important component of student success both inside and outside the classroom. As students navigate the second half of the semester, maintaining healthy routines, building meaningful connections, and knowing when to seek support can make a significant difference. To share more about the resources available to our students, we're pleased to feature a message from **Dr. Nick Pinkerton, Associate Dean of Counseling Services and Wellbeing**.

With gratitude,

Dr. Sal Rizza

Director of Orientation, Transition & Family Engagement



Message from Dr. Nick Pinkerton, Associate Dean

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 progress thus far in the semester. 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 develop healthy routines around sleep, eating, and activity while prioritizing their 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.

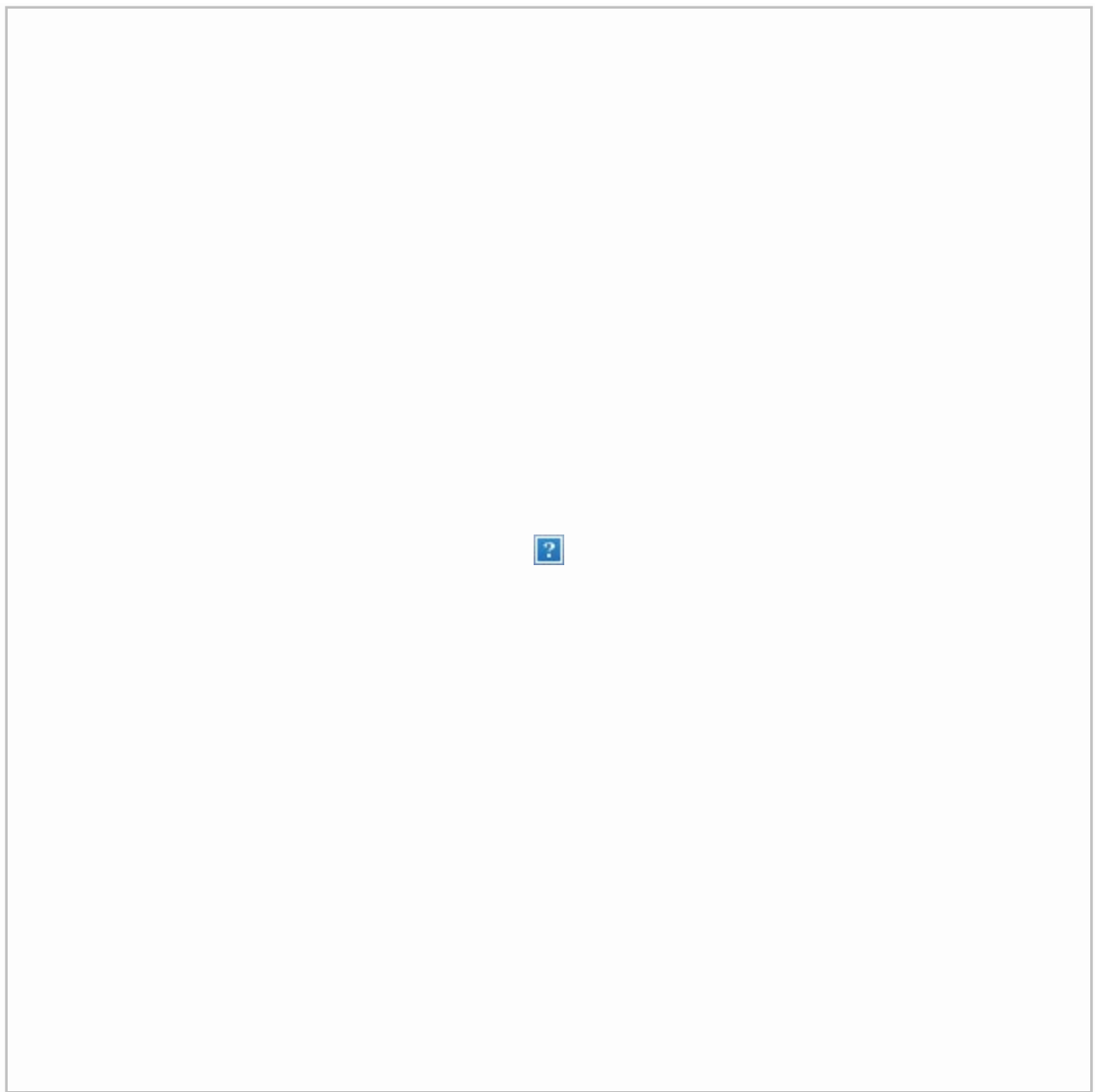
If students want to engage with us, we have several initiatives to participate in and believe mental health and wellbeing are at the heart of our campus community. The easiest way to connect is through [OwlConnect](#).

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.

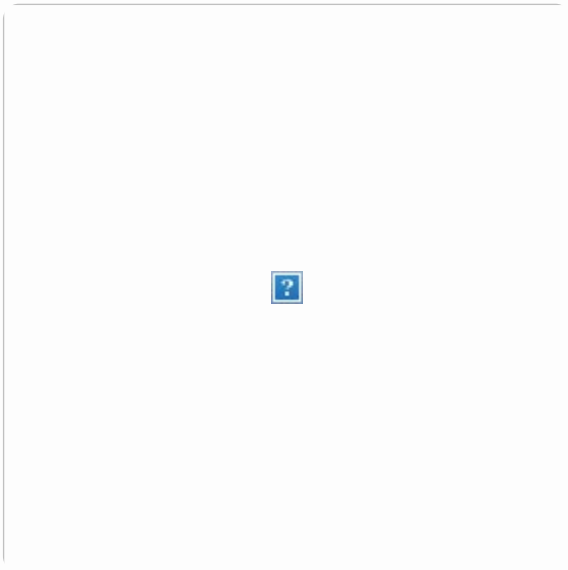
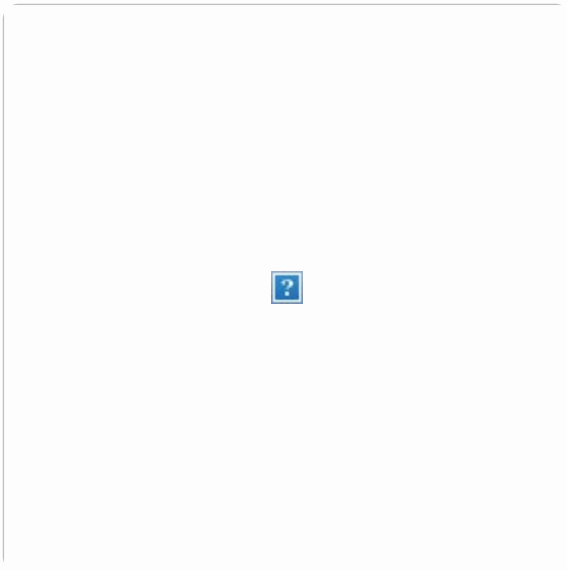
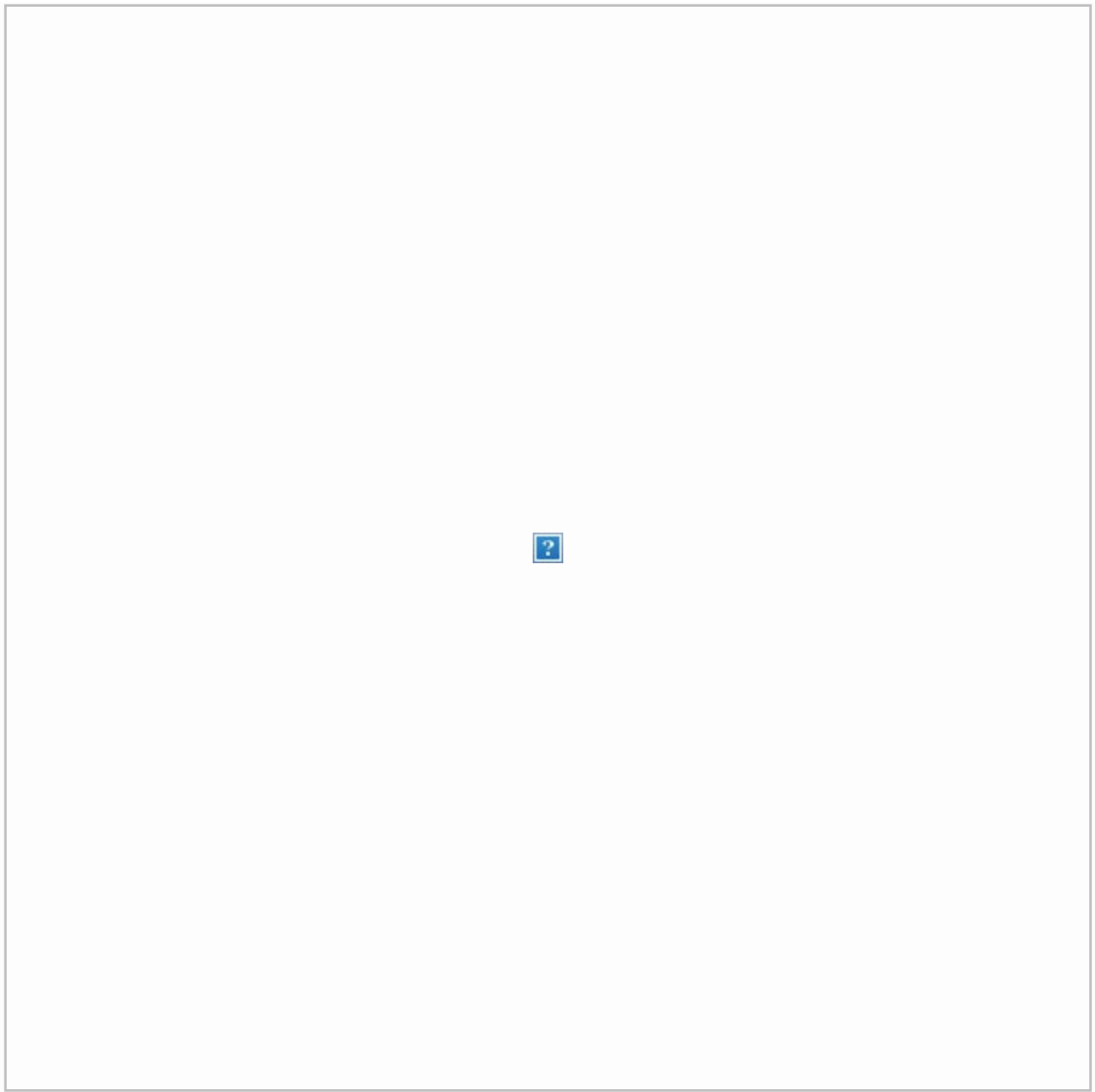
Together, these efforts remind us that wellbeing is a shared responsibility—and that every student deserves the tools and support to succeed.

Sincerely,

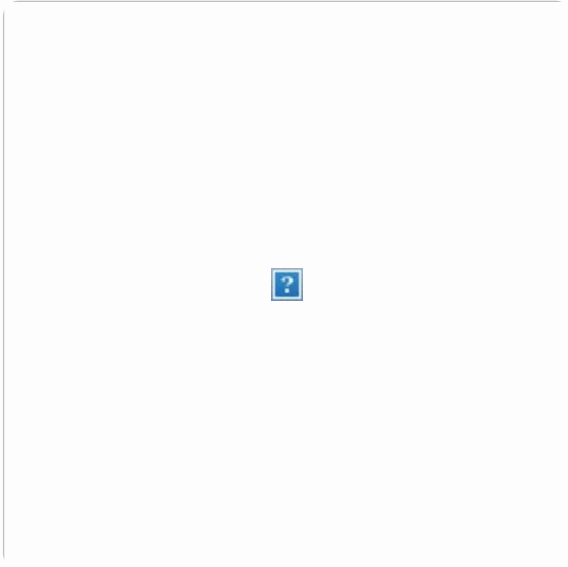
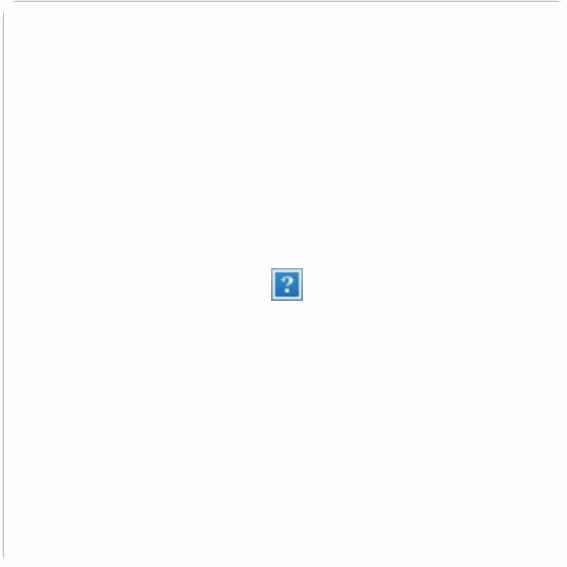
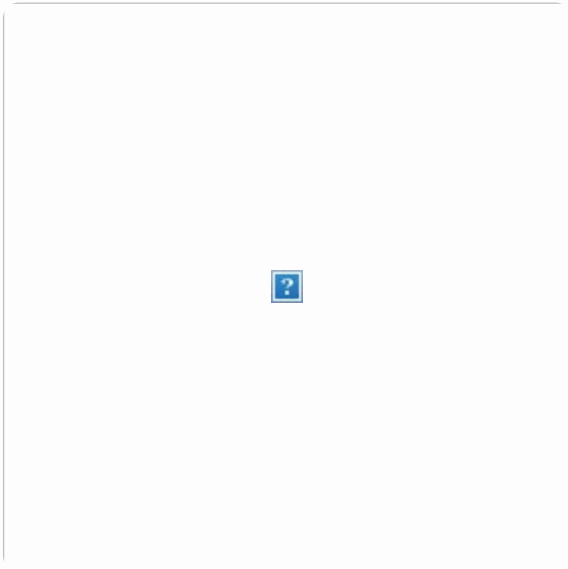
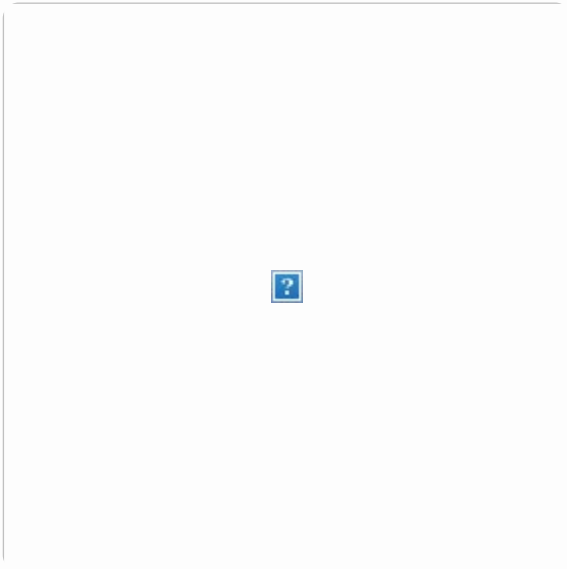
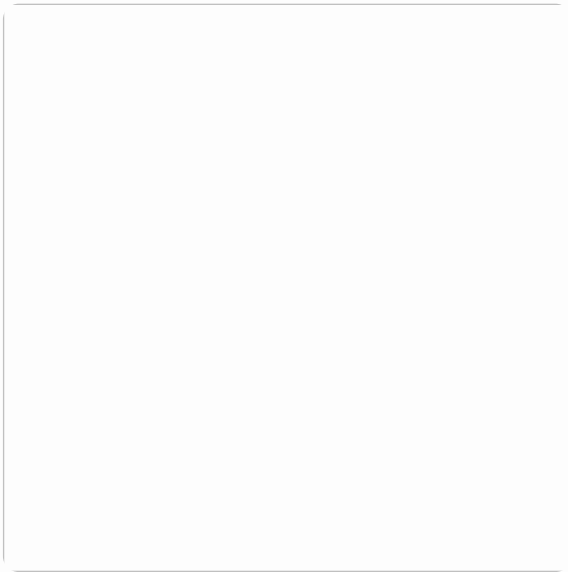
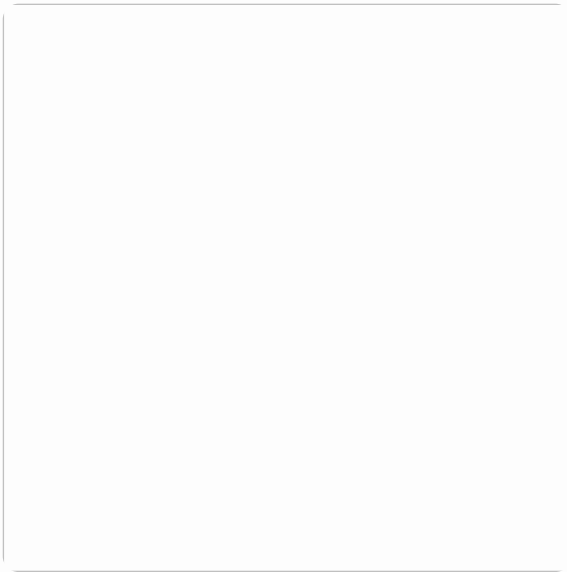
Nick



Homecoming and Family Weekend Photos!









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

What a great Homecoming and Family Weekend! Thanks to all of you and your families for coming out to enjoy the festivities. It is now time to buckle down for midterms. Remember that there are lots of resources to support your learning, including your faculty members and CASAS. We wish you all the best as you prepare for midterms in the week (or two) ahead.

TRIP ALERT

Sunday, October 18th

8 AM – 4 PM

Visit Salem Massachusetts with ProCon

SIGN-UPS LIVE Monday, October 12th @ 1:00pm

Join us on a trip to Salem, Massachusetts and explore the wonders the town has to offer!! Museums, markets, magic shows, historical tours about the history of Salem, and more.

Hosted by: ProCon

Monday, October 12th

9:00am-11:00am

Free Commuter Breakfast

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

12:30 PM – 2:30 PM

Nursing Career Connect Tabling Series

Health and Human Services Lobby (HHS)

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: Office of Career & Professional Development

1 PM – 2 PM

PEP Talk Presents: Women in Leadership Series-Jameka Jeffries, “Success By Choice, Not By Chance!”

School of Business, Case Study Classroom, 122

In this engaging session, Jameka Jefferies will explore the psychology of success and help students understand how their mindset, choices, and actions can influence their personal and professional future. Drawing from her experiences in business, entrepreneurship, and real estate, Jameka will share practical insights on developing confidence, recognizing opportunities, overcoming limiting beliefs, and taking purposeful action toward success. Students will leave with a better understanding that success is not simply a matter of chance—it is shaped by the choices they make and the actions they take."

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 PM – 2 PM

Wear Your Identity

Academic Quad

In honor of National Coming Out Day - we invite you to come celebrate identity, community, and being unapologetically YOU! Stop by the academic quad for a fun afternoon filled with creativity, connection, and a little bit of pride.

Hosted by: SAGE Center

1 PM – 2 PM

Through Our Eyes: Our Stories in Art

Adanti Student Center Room 306

Express your story, heritage, and culture through drawing and painting!

Prizes for top three winners!!

Hosted by: UndocuAlly Student Alliance

1 PM – 2 PM

Vision Board Crafting

School of Business room 132

Join SWO in creating your own vision board for the fall semester. Cut, paste, decorate, and socialize.

Hosted by: Social Work Organization

1 PM – 2:30 PM

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

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

The Content Creatives Bootcamp: Organizing and Scheduling

The Nest - ASC 217

Focusing on finding your angle and getting comfortable with being on camera.

Hosted by: The 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

3:30 PM – 5:30 PM

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! 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: Office of Sustainability

Tuesday, October 13th

9:00am-11:00am

Free Commuter Breakfast

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

10:30 AM – 1 PM

Prison Re-Entry

Adanti Student Center 301

Speakers informing about the challenges, barriers, resources, and support systems that shape the reentry experience.

Hosted by: Sociology and Criminology Club

11 AM – 2 PM

College Democrats Voter Registration Drive

Engleman Rotunda

Join us and get yourself registered to vote for the upcoming November 3rd election! We'll be joined by CT Dems to help register students and answer any students' questions regarding registration and how to vote.

Hosted by: College Democrats

12 PM - 2:30 PM

Pizza and a Movie: Celebrating Hispanic Heritage Month

Engleman Hall D164

Celebrate Hispanic Heritage Month with the Department of World Languages and Literatures through a screening of *Father of the Bride*, conversation, and free pizza.

Join the Department of World Languages and Literatures for pizza and a screening of *Father of the Bride* in celebration of Hispanic Heritage Month. The film offers a chance to explore family, cultural traditions, and identity through storytelling. We'll begin with a brief introduction and leave time to talk after

the movie. Free pizza will be provided.

Hosted by: World Languages

1 PM – 2 PM

Stack your Skills - JOBSs Platform Walkthrough and Career Closet Tour

ASC 308

Students will learn how to navigate Southern Connecticut State University's JOBSs platform to explore job and internship opportunities, access career coaching, and discover upcoming professional development events. Following the walkthrough, students will visit the Office of Career and Professional Development's Career Closet to explore this resource and learn how it can support their professional wardrobe and career readiness.

Hosted by: CASAS Connect

2:30 PM – 3:30 PM

I Stand With Immigrants Tabling Event

Englemen Rotunda

An opportunity to raise awareness, learn, connect, and have a chance to win exciting prizes!

Hosted by: UndocuAlly Student Alliance

3 PM – 6 PM

Barbershop Talk

Engleman B121

Come hang out, relax, and tap into real conversations about life, sports, and your academic journey — all in a space built for community.

Enjoy free haircuts, play cards and dominoes, and kick back with good people and good energy. We'll have free refreshments and light snacks to keep the vibe going.

This is your space to talk, laugh, decompress, and connect with peers and mentors who get it.

Hosted by: University Access Programs

3:15 PM – 4:30 PM

Research Labs & Refreshments

ENGD055A (the psychology library)

Join Psychology Club & Psi Chi to learn about research labs and opportunities within psychology for undergraduate & graduate students!

Hosted by: Psi Chi – International Honor Society for Psychology Majors; Co-hosted with Psychology Club

5 PM – 7 PM

Business Fashion Forum

School of Business Room 102

BFF is an event that combines business, career development, and fashion. We brought professionals to discuss the impact of business attire on first impressions and professional image.

Hosted by: SCSU NABA

7:00pm

Men's Soccer vs Molloy University

Jess Dow Field

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

Hosted by: Athletics and Recreation

Wednesday, October 14th

9 AM - 11 AM

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

11 AM – 2 PM

B.R.O.S.E. Voter Registration/Verification Check

Outside of Buley Library

An event dedicated to helping and ensuring students (faculty and staff can participate too!) are registered and if they aren't we will help them register for this year's upcoming election! Our goal is to spread awareness on the importance of voting and the midterm election, as well as what your vote means.

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

11 AM – 1 PM

Drop In Crochet Classes

The MakerSpace at Buley Library (on the ground floor of Buley Library)
Stop by on Wednesday's from 11am to 1pm for drop in crochet lessons! No prior experience or materials required. Additionally, you can bring a project you need help with!

We look forward to seeing you!

Hosted by: Buley Library

12 PM – 2 PM

News Show

Earl 122

Come and watch or take part in our News Show!

Hosted by: SCSU TV

12 PM – 2 PM

Zumba Owls On The Move

Buley Academic Quad

Join us for a celebration of movement, culture, and community at the Zumbathon! Whether you're a seasoned Zumba pro or a first timer, this energizing dance party will have you moving and celebrating. This session will be led by Zumba instructor Gina Barros who is ready to get us moving with some fun fitness! A complimentary "Owl Fuel Station" will be available with healthy snacks before and after the party. Everyone is encouraged to bring a water bottle!

Hosted by: University Access Programs

1 PM - 2 PM

Women in Forensics: A Panel Discussion

Adanti Student Center

The Office of Lt. Governor Susan Bysiewicz is sponsoring this panel discussion on Women in Forensics.

This event highlights outstanding female professionals in the field. Panelists include:

- Jessica Gleba, director, CT Division of Scientific Services
- Sharmese Walcott, State's Attorney for Judicial District of Hartford
- Brooke Kammrath, Ph.D., executive director, Henry C. Lee Institute of Forensic Science
- Sevasti Papakanakis, deputy director of forensic biology and DNA, CT

Division of Scientific Services

Moderator: Lt. Governor Susan Bysiewicz

Contact Cynthia.Mahon@ct.gov for more information or to register for in-person attendance. In-person attendees must bring ID.

Hosted by: Governor's Office

1 PM – 3 PM

Movie Wednesday: Love, Simon

SAGE Center - ASC 235

Join us for Movie Wednesday as we watch Love, Simon! This coming-of-age film explores coming out, identity, friendship, love, family, and the fear of being accepted for who you are.

Hosted by: SAGE Center

1 PM – 2 PM

PEP Talk Presents: Fortune 500 series-Internships/Enterprise

School of Business, Case Study Classroom, #122

Join Enterprise Mobility professionals and SCSU alumni for career insights, real-world advice, and a look at early career opportunities. Learn about career paths, the recruitment process, and the skills Enterprise looks for in candidates. Free lunch is provided at each session.

Hosted by: School of Business

1 PM – 2:30 PM

WILA's Hot Debate

SCOB 132

Join WILA for an engaging afternoon of conversation, connection, and leadership discussion! This intimate event will bring together a small group of students to explore thought-provoking topics surrounding women, leadership, and the workplace, while hearing different perspectives and sharing your own. Space is limited to 12 students, so we encourage participants to plan to stay for the full event and actively participate in the discussion. Lunch will also be provided, featuring Dave's Hot Chicken for registered attendees. Come ready to connect, challenge perspectives, and have meaningful conversations with fellow student leaders!

Hosted by: Women in Leadership Academy

1 PM – 3:30 PM

Know Your Status. Take Control

Granoff Hall, Student Health Services

Free Rapid HIV Testing and education with Student Health Services and Fairhaven Community Health Center. Walk-ins are welcome but appointments are recommended.

Hosted by: Health Services

2:30 PM – 3:30 PM

UASA: From Our Community, With Care

ENG B121

Come together with UASA to create care packages that support and uplift members of our community.

Hosted by: UndocuAlly Student Alliance

3 PM – 5:30 PM

UAP Success Hours

UAP PASS Office

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

Hosted by: University Access Programs

5:30 PM -7:30 PM

Field Hockey vs Bentley University

Jess Dow Field

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

Hosted by: Athletics & Recreation

7:30 PM

Small Ensembles Performance

Engleman C112

Jazz Standards and Latin Jazz Ensembles

SCSU students perform as part of the Jazz Standards and Latin Jazz Ensembles, directed by Will Cleary, and the Blues Ensemble, directed by Henry Lugo.

Hosted by: Music Department

Thu, Oct 15, 2026

9 AM – 11 AM

The Study Spot Cafe

ASC 217 (The Nest)

Community Navigators invites 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: Student Involvement

11 AM – 12 PM

Fresh Perspectives Counseling Group

Counseling Services Engleman B219

Fresh Perspectives is a group for Freshman/Sophomores/Transfer students that will focus on life at SCSU. Freshman and Transfer students will learn from Sophomore students about life on campus such as support for academics as well as how to build community on campus. Students will learn about the many ways to get involved while learning effective strategies to maintain balance as they also do their best to thrive academically. Students will use the group as an initial way to build community through making connections with one another and explore ways to gain a fresh perspective as they navigate developmental challenges at SCSU.

Hosted by: Counseling Programming and Outreach

11 AM - 3 PM

Zine Workshop

Buley 118

Take a study break and make a zine at Buley Library Room 118 anytime between the hours of 11-3pm. No experience is necessary!

Hosted by: Buley Library

11:30 AM - 12:30 PM

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 PM – 1 PM

Food is Medicine

Conn Hall

Make Confident Food Choices.

Hosted by: Health Services

1 PM – 2 PM

Life in Motion - Navigating Grocery Shopping

Buley 449

Develop smart shopping habits by learning how to plan meals, create grocery lists, compare prices, and shop within a budget. This session will provide tips for making nutritious and cost-effective food choices. There is also an opportunity to visit the on-campus food pantry to put your skills to the test.

Hosted by: CASAS Connect

1 PM – 2 PM

Anti-Bullying Awareness Day Event

Engleman Hall - 1st floor

Wear purple and stop by Engleman Hall to stand together against bullying and show your support for creating a campus where everyone feels safe, respected, and included.

Stop by for giveaways, interactive activities, wellness resources, and LGBTQ+ resources while learning more about how we can support one another and build a more inclusive community. Together, we can speak up, spread kindness, and remind others that everyone deserves to feel like they belong.

Hosted by: SAGE Center

2 PM – 3:30 PM

Career Glow Up: Video Resumes, Headshots, and Networking Help

Scholar Space | BU438

Get career-ready with a Resumix™ Video Résumé and a professional headshot so you can make a strong impression at upcoming networking events like the Emerging Technologies Forum & the EDGE Fair!

Learn how to set yourself apart with Upptik's Resumix™ Video Résumé (<https://upptik.com/students/>), eat pizza, and get your headshot done all in one place! Don't forget to bring your laptop, resume and come headshot ready!

Food Provided (Pizza and soft drinks!)

Hosted by: Innovation Hub

2:30 PM – 4:30 PM

UASA: What We Call Home

Englemen B121 A+B

Come join us for “Letters to Home,” an interactive event where you can share what home, culture, family, and belonging mean to you through art, letters, and creativity. Help us create a community installation that celebrates our different stories and the places we call home!

Hosted by: UndocuAlly Student Alliance

3 PM – 5:30 PM

UAP Success Hours

UAP PASS Office

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

Hosted by: University Access Programs

3:30 PM – 5:30 PM

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! 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: Office of Sustainability

4 PM – 6 PM

Sleeping Giant State Park Hike -- GEMS CLUB

Sleeping Giant State Park

Join the GEMS club for a casual hike at Sleeping Giant State Park in Hamden. We will enjoy amazing views of the autumn foliage.

For those wanting to carpool, we will be meeting in the Brownell parking lot at 4pm on the 15th. If you want to meet us at the park around 4:30pm, that is also fine.

Hosted by: Geography, Environmental, and Marine Sciences Club

8:00pm-10:00pm

“Cabaret”

Lyman Center

Come to the Cabaret, old chum!

Join SCSU Theatre and the Crescent Players as they perform the 1998 version of this musical taking you to Berlin in the late 1920s.

Hosted by: SCSU Theater & Crescent Players

Fri, Oct 16, 2026

4 PM – 6 PM

Planetarium Movie Night

Morrill Hall Planetarium

Get the movie theatre experience at the planetarium!

(Interstellar will be playing). Food Provided (Popcorn)

Hosted by: Physics Club

4:30 PM – 6:30 PM

Shabbat

TBD

Join Hillel for our weekly Shabbat!

Hosted by: Hillel - Jewish Students Organization

5 PM - 7 PM

Women's Volleyball vs Bentley University

Pelz Gym

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

Hosted by: Athletics & Recreation

8 PM - 10 PM

“Cabaret”

Lyman Center

Come to the Cabaret, old chum!

Join SCSU Theatre and the Crescent Players as they perform the 1998 version of this musical taking you to Berlin in the late 1920s.

Hosted by: SCSU Theater & Crescent Players

Sat, Oct 17, 2026

10 AM – 4 PM

Tavern Night

ASC 217- The Nest

Come join us for some one-shot campaigns!

Hosted by: Tabletop Club

11 AM - 4 PM

7th Annual Kulturelly Lit Fest

Engleman A120

Kulturelly LIT is proud to announce the 7th Annual Kulturelly LITFest Symposium. Centering on the theme “And Still I Rise: The Effect of Black Women Throughout Time,” the 2026 LITFest Symposium offers a profound exploration of the enduring impact, brilliance, and literary excellence of Black women across history. The event is completely free and open to the general public.

Hosted by: Kulturelly Lit

1 PM -4 PM

Football vs Assumption University

Jess Dow Field

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

Hosted by: Athletics & Recreation

2 PM - 4 PM

“Cabaret”

Lyman Center

Come to the Cabaret, old chum!

Join SCSU Theatre and the Crescent Players as they perform the 1998 version of this musical taking you to Berlin in the late 1920s.

Hosted by: SCSU Theater & Crescent Players

7 PM

Men’s Soccer vs Assumption University

Jess Dow Field

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

Hosted by: Athletics and Recreation

8 PM - 10 PM

“Cabaret”

Lyman Center

Come to the Cabaret, old chum!

Join SCSU Theatre and the Crescent Players as they perform the 1998 version of this musical taking you to Berlin in the late 1920s.

Hosted by: SCSU Theater & Crescent Players

Sun, Oct 18, 2026

12:00 PM - 2:00 PM

Field Hockey vs Saint Michael's College - Senior Day!

Jess Dow Field

Cheer on the Owls as they take on the Saint Michael's College at Jess Dow Field!

Hosted by: Athletics & Recreation

4 PM – 6 PM

SCSU Men's Rugby vs University of Hartford

Come watch SCSU Men's Rugby take on UHart!

Hosted by: Recreation and 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.



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