

MUSTANGS CONNECT

Discover. Engage. Lead.

Upcoming Dates

September 2
Labor Day (No Classes)

September 3
LEP 101 Night

September 11
Mustang Success Night

September 20-22
Family Weekend

September 30
DUE DATE FOR FALL. *If on an SMSU Payment Plan \$30 charge will apply, and 1/2 of account balance must be paid*

September 30-October 1
Fall Break (No Classes)

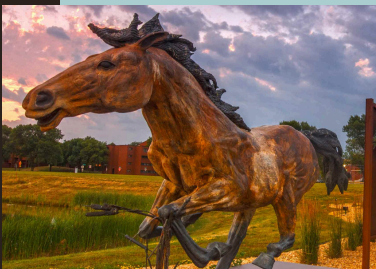
Deeann Griebel Student Success Center

Individualized Learning 224

(507) 537-6484

success@smsu.edu

www.smsu.edu/go/success



Greetings from SMSU:

Hello, First-Year Mustang Parents/Guardians!

I hope you are doing well and enjoying the end of summer. As our Mustangs settle in for a new academic year at SMSU, I thought I would share some information with you through our monthly newsletter on available resources and support.

For our new students who are adjusting to life on campus, they may begin to experience some additional stress or anxiety from being away from home for the first time. As we enter the third week of the semester, your student may have an increased amount of quizzes to study for, papers to write, or presentations to prep at SMSU. Please know we have many resources to ensure our students are supported. In this newsletter, I have highlighted a few of those resources that your student may find beneficial at this time.

As always, the success of your student is our mission! If you have any questions or concerns about your student's overall experience at SMSU, please contact me directly at (507) 537-7290 or Brittany.Krull@SMSU.edu.

Go Mustangs!



Director of Student Success

Support Services

Academic Support

Deeann Griebel Student Success Center
(507) 537-6484
Success@SMSU.edu

McFarland Library
(507) 537-7278
AskRef@SMSU.edu

Writing Center
(507) 537-7294
Michael.Albright@SMSU.edu

Technology Resource Center
(507) 537-6111
TRCHelpdesk@SMSU.edu

Math Learning Center
(507) 537-6599
Charles.Bingen@SMSU.edu

Interdisciplinary Tutoring and Supplemental Instruction
(507) 537-6820
Hannah.Kuno@SMSU.edu

Health & Wellness

Health Services
(507) 537-7202
HealthServices@SMSU.edu

Mental Health Counseling Center
(507) 537-7150
MentalHealth@SMSU.edu

Accessibility Services
(507) 537-7318
Vickie.Abel@SMSU.edu

Diversity & Inclusion

Office of Diversity & Inclusion
(507) 537-6169
Jay.Lee@SMSU.edu

Center for International Education
(507) 537-6018
CIE@SMSU.edu

Access Opportunity Success
(507) 537-6169
Michele.Sterner@SMSU.edu

Mustang Pathway
(507) 537-6257
Jeet.Sausen@SMSU.edu

Women's Center
Womenscenter@SMSU.edu

LGBTQ+ Center
LGBTQcenter@SMSU.edu

Residence Life

Residence Life
(507) 537-6136
ResLife@SMSU.edu

Dining Services
(507) 537-7683
Brittni.Drahota@compass-usa.com

University Public Safety
(507) 537-7252
Security@SMSU.edu

Other Resources

Business Services
(507) 537-7117
Liz.Roy@SMSU.edu

Financial Aid
(507) 537-6281
FinancialAid@SMSU.edu

Registration and Records
(507) 537-6206
Registration@SMSU.edu

Career Services
(507) 537-6221
Careers@SMSU.edu

Center for Civic & Community Engagement
(507) 537-6423
Civic.Engagement@SMSU.edu

Clubs and Organizations
(507) 537-6394
Scott.Ewing@SMSU.edu

Intramurals
(507) 537-7383
Mariah.Vanasperen@SMSU.edu

For a complete list of resources and support at SMSU, check out our "Resource Guide for Mustang Success."
To access, visit www.smsu.edu/go/success

Success Strategy: Strike a Balance

The first semester of college is full of many opportunities for students to expand their horizons, but it can be difficult to learn how to manage growing studies and a growing social life. In order to stay healthy physically and mentally, students should work to create balance in their new environment. The following tips make finding that balance more manageable:

Budget your Time: Make sure to allot enough time in your schedule for all of your classes, studying, and work. After you lay out all of your necessary commitments, you can see how much free time you truly have for joining clubs and socializing.

Set Actionable Goals: Setting goals helps students prioritize for the year. If they want that 4.0 GPA, they will need to spend more time studying. If their goal is to meet one friend per semester, they will want to be more active on campus. Every time they meet their goal, they should celebrate by treating themselves with something like ice cream.



Source: Study USA, 2020

Did you know you can order a care package for your student ?

Visit <https://www.dormroom.com/ssu>