Seasonal Student Issues

There’s a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month:

- The exploration and acknowledgement of personal values
- Long distance relationship strain
- Feelings of loneliness and homesickness
- A desire to feel connected to campus
- Roommate adjustments
- Experimentation with alcohol and other drugs
- Figuring out how to get organized and manage her time
- Searching for a sense of belonging
- Getting acclimated to a new type of academics

Academic Success Stories

Of course you want to see your student succeeding academically this year – it’s his main job, after all! In order to help him work toward an academic success story, here are some tips to share...

Create a Space. Having an academic space to work in can help your student create the right mindset, while having the tools he needs close at hand. Brainstorm ways to set up his desk space or to find other spots on campus where he can get the academic peace, quiet and inspiration he needs.

Get Help – Sooner Rather than Later. Everyone struggles with some subject – unless, perhaps, they’re a member of Mensa! There are plentiful resources on campus to help students in academic need, whether it’s getting tested for a learning disability, using the campus learning center and tutors, or talking with a counselor about test anxiety. Encourage your student to seek help now by initially talking with her advisor or another trusted professional, before things get out of hand.

Talk with Professors. Students who strike up positive relationships with their professors are often better students because they ask for clarification when they’re unsure about a topic and show they’re interested in being the best learners they can be. So, let your student know that attending a professor’s office hours is a smart move!

Put in the Work. Above all, students need to take responsibility for their learning by putting in the academic work required. That means doing the readings, studying for exams, participating in group work and keeping up with classes.

Following the above suggestions will help students put in the work and come out with favorable results. Here’s to your student’s academic success story this fall!

Academic Wisdom to Stress with Your Student

- It’s a sign of strength for a student to seek help when she’s struggling.
- Professors want students to interact with them.
- There’s no skating by in college – students need to put in the work to see positive results.
- Getting involved in co-curricular activities typically helps students stay on track with their academics, too.
A Sense of Belonging

Seeking out a place to belong is a potent force in most students’ lives, as they try to find their fit on campus.

Sometimes, this search for belonging can lead them to get involved with activities and people that may not be the best for them. So, here are some simple suggestions in the search for positive belonging...

Attend Interest Meetings. This month and next will be filled with interest meetings for students who might like to get involved with everything from the student newspaper to the anime club to the campus chorus. Encourage your student to give things a try – it’s an easy way to gather information and have an “in” with campus groups.

Say “Yes” to Invitations. A resident life student staffer may ask your student to attend a program or go to dinner with a group. It’s time to say “yes”! Many invitations will be issued this month, to community events, meals, campus activities and more. Encourage your student to go along with these positive people to get to know others in safe, fun group settings!

Keep Your Door Open. For students living on campus, an open door signals, “Hi, I’m friendly and you’re welcome to pop in.” It doesn’t mean students should always keep their doors open, yet making it a regular practice will soon encourage others to interact.

Find a Mentor or Advisor. Another way to increase a sense of belonging is by connecting with a faculty or staff member who can serve as a source of challenge and support. This might be an organizational advisor, a faculty member your student clicks with, a coach, someone from campus ministry or another adult figure.

Seek Purpose. We often feel most like we belong when we’re doing purposeful work with like-minded individuals. So, for your student this might mean volunteering through the community services office to work on a Habitat for Humanity project, a playground clean-up or a tutoring program. Other students find this purpose through their classes and meaningful group work, or by getting involved with hall council to improve their residential community. There’s a lot to be said for the power of purposeful work.

Follow-Up. Students will be finding out bits and pieces about many people in the coming weeks, as they have informal conversations in lines, at meals, between classes and more. Following up with these people (e.g., “I remember you guys saying you played basketball... want to put together an intramurals team?”) and taking a bit of initiative can pay off really well in terms of your student feeling like part of the campus community. After all, most other students out there are looking for belonging, too!

Simple Paths to Belonging...
- Attend a hall council meeting
- Say “yes” when someone asks you to lunch
- Play pick-up volleyball in the quad
- Go to the movies with others
- Do a community service project
- Pick apples with a group of students
- Head to a free campus concert or event
- Sign up for a retreat or leadership program
- Ask others to join you – they’re looking for belonging, too!

Key Dates

There are some key dates in your student’s and your family’s life that are important to know. Find out when the following are set to occur in order to plan more effectively:
- Parent/Family Weekend
- Fall/Thanksgiving Break
- Finals Week
- December Holidays Break
- Opening Day/Classes Begin
- Spring Break
- Commencement
- Move-out Day
Safety Notes

Students hear various safety messages from home and from campus. Here are a few that don’t always get the same attention, yet are very important in keeping your student safe:

► Write your name on the same page in each textbook, near the spine, so you can more easily identify them if they are stolen.
► Report any obscene emails, texts, social media or phone messages. Some students are bullying and stalking others via cyberspace, and campus officials need to know so they can step in.
► Let residence hall staff know about building concerns like slippery floors, broken glass, missing window screens, burned out lights and more that can compromise community safety.
► When noting a person so you can describe him later, recall permanent features like hair color, height, facial structure, tattoos and birthmarks, rather than just focusing on changeable features like clothing.
► When describing an incident, stay objective, keep things in time order and share where you were located when it occurred.
► Don’t post away messages on Facebook, IM or on your door memo board that tell exactly where you are and for how long. That can be an invitation for robbery or other harm.
► If you’re sitting in your car in a parking lot making a phone call, lock the door so no one can take you by surprise.
► If you go somewhere with friends, make sure that everyone is accounted for before leaving.
► Memorize the phone number for campus public safety so you can call at a moment’s notice.
► If friends seem ill, intoxicated or drugged, get help immediately. Don’t worry about them “getting in trouble.” Their health and safety need to be your #1 concern.
► Don’t transport anyone to the hospital! Most of us aren’t medically trained and could do more harm than good by moving an injured person. Ambulance personnel can work on your friend en route—they know what they’re doing.

As we all work together to educate students about safety concerns, we’re helping them be smart and stay safe.

Sources: www.securityoncampus.org; www.campussafetymonth.org/home

Molloy Happenings

Welcome back BBQ.

Movie on the green.

To see more photos and videos of all the Campus Life events “Like” the Molloy College Campus Life page on Facebook.

Move in day.
Learning Inside & Outside the Classroom

A great advantage your student has on campus this year is that she can learn both in and out of the classroom. This comprehensive take on learning will help her juggle tasks, get involved on campus and learn in a variety of ways. They include:

**Classroom Knowledge.** Lecture notes, class discussions, textbooks and projects will help students dig into specific subject matter. Don’t be surprised if your student is excited about anthropology or astronomy next time you talk!

*You Can...* Ask your student what she’s learning. It’ll be great to hear her excitement, plus by sharing the knowledge with you, it’s helping her clinch it in her own brain even more, too.

**Service Experience.** By participating in class-based service learning projects and out-of-class community service initiatives, your student is learning about giving back and engaging with the community.

*You Can...* Role model community involvement and the value of giving back. Also, talk with your student about the people he’s meeting through his community service.

**Campus Leadership.** Getting involved with the biology club, student government or the campus radio station can enhance students’ sense of belonging because they really feel a part of something. Plus, they're learning how to follow, how to lead, how to work with a wide variety of people and how to be part of a team.

*You Can...* Stay in touch with your student about what her group(s) is up to. Is there a program happening this weekend? Has she been working on a particular project? Ask her about it.

**Assisting a Professor.** Sometimes students have an opportunity to get involved with a research project. If your student decides to do this, he’ll enhance his classroom learning through practical experience.

*You Can...* Try to understand the research your student is involved in, even if you feel like it’s “over your head.” By explaining things to you in layperson terms, you’re helping him be in a teaching role.

*You Can...* Your student is surrounded by in and out of class learning opportunities. The combination can be unbeatable!

---

**Involvement & Academics Go Hand-in-Hand**

Research says that students who get involved on campus will likely do better academically, too. In and out of class involvements complement one another!

---

**Spreading Their Wings**

Students need to express their autonomy and spread their wings when they get to school. This doesn’t mean that they’ve stopped needing you – of course not! What it may mean, though, is that your student needs a chance to:

- Make his own mistakes
- Decide how to confront challenges
- Communicate with others when there’s a problem
- Choose how to spend her time
- Take responsibility for his actions
- Struggle a bit
- Learn from experience

Be there to talk things through when your student needs that and to offer support. The actual “doing,” though, is primarily up to her. This independence is one of the main ways that she will learn, grow and develop into an even stronger adult.
September Events

**September 14, Friday**
Women's Volleyball vs. Pace University @ LIU – Post @ 4:00 PM

**September 15, Saturday**
Men's Cross Country Meet at LIU-Post Invitational in Brookville, NY @ 10:30am

Women's Cross Country Meet at LIU-Post Invitational in Brookville, NY @ 10:30am

Women's Soccer vs Mercy at Home @ 12pm

Men's Soccer vs Mercy at Home @ 2:30pm

Women's Volleyball vs. Caldwell College @ LIU – Post @ 12pm

Women's Volleyball vs. Adelphi University @ LIU – Post @ 4pm

**September 18, Tuesday**
Women's Soccer vs East Stroudsburg at Home @ 7pm

Women's Volleyball at Queens College @ 7pm

Zumba 9:00 pm – Madison Theatre

**September 19, Wednesday**
Women's Soccer vs NYIT at Home @ 5pm

**September 20, Thursday**
Mass – Kellenberg Great Lawn – 10 AM-11 AM
Class meeting times will be shortened to allow all students to attend.

Women's Volleyball vs. LIU – Post at Home @ 6pm

**September 21, Friday**
Women's Tennis vs Queens (NY) at Home @ 3:30pm

Women's Volleyball vs. Nova Southeastern at Pace University @ 5pm

Women's Volleyball at Pace University @ 7pm

**September 22, Saturday**
Women's Volleyball vs. American Int'l College at Pace @ 10am

Men's Cross Country Meet at Codfish Bowl in Boston, Massachusetts @ 11am

**September 23, Sunday**
Flag Football, 9:00 am – 11:00 am – Back Field

**September 24, Monday**

**September 25, Tuesday**
Women's Volleyball vs. New York Institute of Technology at Home @ 6pm

**September 26, Wednesday**
Last day to declare a course PASS/FAIL.

Men's Soccer vs Holy Family at Philadelphia, Pennsylvania @ 3:30pm

**September 27, Thursday**
Women's Volleyball vs. Mercy College @ 7pm

Laser Tag, 9pm – Midnight - Gym

**September 28, Friday**
Women's Tennis vs District of Columbia at Home @ 3:30pm

Women's Soccer vs Bridgeport at Bridgeport, Connecticut @ 1pm

Men's Soccer vs Bridgeport at Bridgeport, Connecticut @ 2:30pm

**September 29, Saturday**
Women's Tennis vs Roberts Wesleyan at Rochester, NY @ 1pm

Flag Football, 9am – 11am - Backfield

Rugby Homecoming

**September 30, Sunday**

**October Events**