

MUSTANGS CONNECT

Discover. Engage. Lead.

Upcoming Dates

September 1
Labor Day (No Classes)

September 2
LEP 101 Night

September 11
Mustang Success Night

September 19-21
Family Weekend

September 29
Due Date for Fall Tuition

Deeann Griebel Student Success Center

Individualized Learning 224

(507) 537-6484

success@smsu.edu

www.smsu.edu/go/success



Greetings from SMSU:

Hello Parents and Guardians,

I hope you're doing well and enjoying the final days of summer! As our Mustangs settle into the new academic year at SMSU, I wanted to share some helpful information through this month's newsletter about the resources and support available to them.

For many of our new students, adjusting to life on campus can bring added stress or anxiety—especially as they navigate being away from home for the first time. As we enter the third week of the semester, your student may be preparing for quizzes, writing papers, or getting ready for presentations. Please know that SMSU offers a wide range of resources to support them during this transition. In this newsletter, I've highlighted a few key services that your student may find especially helpful right now. As always, your student's success is our mission!

If you have any questions or concerns about your student's experience at SMSU, feel free to 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) 537-7216
Sarah.Brown@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) 537-6657
Erin.Kline@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

LGBTQ+Center@SMSU.edu

Residence Life

Residence Life

(507) 537-6136
ResLife@SMSU.edu

Dining Services

(507) 537-7683
Kelly.Hanson.2@SMSU.edu

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

Clubs & Organizations

(507) 537-6394
Ashton.Ayers@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://smsu.bncollege.com/>