

MUSTANGS CONNECT

Discover. Engage. Lead.

Important Dates

April 9

Assessment Day (Classes held 5 p.m. on)

April 15

Last day to drop with a "W"

April 28-May 2

Finish Strong Week

May 2

Last Day of Classes

May 5-May 8

Finals Week

May 10

Commencement

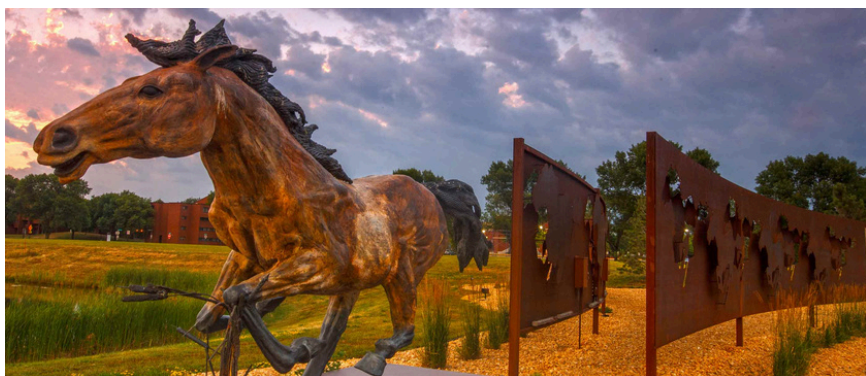
Deeann Griebel Student Success Center

Individualized Learning 224

(507) 537-6484

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www.smsu.edu/go/success



Greetings from SMSU:

Hello, Mustang Family!

We are almost to the end of spring semester here at SMSU. Students are wrapping up their coursework and preparing for final exams. During the last week of classes, students have the opportunity to take part in 'Finish Strong Week'. This program includes a week full of activities that help to relieve stress, provide tips for success, and have fun! This year, we have a variety of virtual and in-person events for students to take part in and look forward to releasing the schedule soon on our Deeann Griebel Student Success Center Website.

As we get closer to finals week, students may feel added pressure and stress to do well in classes and plan for summer. At SMSU, we care about your Mustang's success and well-being which is why this month's newsletter highlights information about SMSU's Mental Health Counseling Center, along with how students can make the most of their summer break. As always, if you have any questions or concerns, please contact our office by calling (507) 537-6484 or emailing SUCCESS@SMSU.edu.

Go Mustangs!



Brittany Krull

Director of Student Success

Success Spotlight: Counseling Services

College is a time of change that can be very exciting as well as stressful and challenging. Stress, depression, anxiety, relationship concerns, loneliness, or other personal issues can affect students' well-being. SMSU's Mental Health Counseling Center is staffed by mental health professionals who provide confidential, short-term counseling services to enrolled students. Students do not have to be in crisis to access counseling services! SMSU also offers Mantra Health, a Comprehensive mental health service that supports students across every stage of their mental health journey from self-guided wellness courses to 24/7 crisis support.

Counseling provides help for people who are experiencing concerns that cause difficulty in their lives. Many people could benefit from counseling at some point. Counseling helps people understand and solve problems and make decisions. It may also help keep small problems from turning into big ones. When you seek counseling, you can expect a place where you can be honest, open, and free to express your feelings without fear of criticism. Most of our services are free of charge to currently enrolled students. If you and/or your counselor decide you would benefit from services we do not offer, we suggest alternate resources. SMSU's Mental Health Counseling Center offers individual, couples, and group services for SMSU students. They also have a variety of screenings available for students including Depression, Bipolar Disorder, Generalized Anxiety Disorder, Substance Abuse, Eating Disorder, and Post-Traumatic Stress Disorder. Contact them at 507-537-7150 or MentalHealth@SMSU.edu to make an appointment.

Mantra Health offers self-care programs, peer support, emotional wellness coaching, therapy, ConnectNow for in-the-moment support, and 24/7 crisis support. Using their ".edu" email address students can go to mantrahealth.com and access their account through the student login page.



Success Strategy: Making the Most of Midterms

Once final exams are complete, many students may be eager to relax all summer until returning for class in the fall. However, these three months are a great opportunity for students to continue to develop, work towards their goals, and set themselves apart. Below are some ideas on how students can best utilize their time away from campus:

Summer Classes: Summer break is a great way for students to continue with their coursework through registering for summer classes. Many general education (LEP requirement) courses are offered over the summer, and are typically shorter than a regular semester course. Summer classes also have more flexibility than a traditional semester with online asynchronous and hybrid course formats for students that may have busier schedules.

Internship Hunting: Getting real-life work experience in their field of interest is a great way for students to spend their summer break! Utilizing SMSU Career Services to help locate an internship program for the summer is one way students can learn more about their field and network for potential employment following graduation. Some academic programs also have an internship requirement, so students can get ahead with some coursework as well. Contact SMSU Career Services at (507) 537-6221 or email Careers@SMSU.edu.

Study Abroad: SMSU's Center for International Education oversees study abroad opportunities for students at SMSU. If students feel they'd like to study internationally over the summer, they should contact SMSU CIE to learn more about their options at (507) 537-6018.

Volunteer: Just as with an internship, students that volunteer gain real-life experience that they can use to boost up their resume and help to secure employment after graduation. Volunteering can also be a great way for students to try out a job they are interested in, similar to a job shadow and volunteering is typically a lower time commitment than a part-time or internship position. SMSU's Center for Civic & Community Engagement can help students find volunteer opportunities. Contact them at (507) 537-6423 or email Civic.Engagement@SMSU.edu.

Letters of Recommendation: Students may be looking further ahead to graduation already, so compiling a list of professors and faculty they may ask for a recommendation from for either graduate school or a job application is a great step to start taking. Refreshing their 'References' list on their resume regularly is also important.

Summer Job: While an internship and volunteering are great ways for students to set themselves apart in the applicant pool, not all students can afford to not work over summer break. SMSU Career Services can also help connect students to summer job opportunities. There are also openings during summer break for on-campus employment for students as well as local businesses hiring in the Marshall area.



Source: Princeton Review (2023)