

MUSTANGS CONNECT

Discover. Engage. Lead.

Important Dates

April 8

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

April 14

Last day to drop with a "W"

April 27-May 1

Finish Strong Week

May 1

Last Day of Classes

May 4-May 7

Finals Week

May 9

Commencement

Deeann Griebel Student Success Center

Individualized Learning 224

(507) 537-6484

success@smsu.edu

www.smsu.edu/go/success



Greetings from SMSU:

Hello, Mustang Family!

The end of the spring semester at SMSU is in sight, and students are wrapping up their coursework and preparing for final exams. During the last week of classes, students have the opportunity to participate in 'Finish Strong Week'. This week-long program is full of fun activities designed to help relieve stress and provide tips for success. This year, we have a variety of virtual and in-person events for students to take part in, and we 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

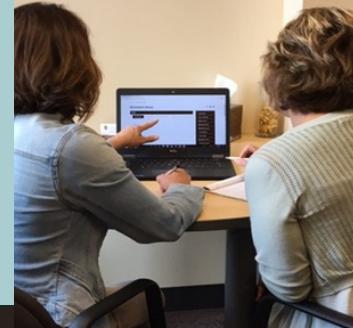
Success Spotlight: Counseling Services

College is an exciting time full of change that can also be stressful and challenging. Stress, anxiety, depression, relationship concerns, loneliness, and other personal issues can impact students' well-being. At SMSU, support is available for all students through the SMSU Mental Health Counseling Center and Mantra Health.

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 seek support and counseling! Counseling can help students understand challenges, make decisions, and prevent small concerns from becoming bigger issues. It also offers a safe space where students can be honest, open, and free to express their feelings without fear of judgement.

Most services are free for currently enrolled students and include individual, couples, and group counseling. The center also offers screenings for concerns such as depression, anxiety, bipolar disorder, substance abuse, eating disorders, and post-traumatic stress disorder. If additional support is needed, staff can help connect students with outside resources. To schedule an appointment, call 507-537-7150 or email MentalHealth@SMSU.edu.

In addition to on-campus services, SMSU partners with Mantra Health, a comprehensive mental health platform that supports students at every stage of their wellness journey. Services include self-guided wellness programs, peer support, emotional wellness coaching, therapy, ConnectNow for immediate support, and 24/7 crisis care. Students can access Mantra Health by visiting MantraHealth.com and logging in with their ".edu" email address.



Success Strategy: Make the Most of Summer Break

Once final exams are complete, many students look forward to relaxing over the summer before returning to school in the fall. However, this time offers an opportunity to grow, work toward personal and professional goals, and stand out to future employers. Below are a few ways that students can make the most of their time away from campus:

Summer Classes: Summer break is a great time for students to continue their coursework by registering for classes. Many general education courses are offered during the summer in a shorter format than traditional semester courses. Flexible options, including online asynchronous and hybrid formats, make it easier for students with busy schedules to stay on track with their goals.

Internships: Gaining real-world experience in a field of interest is an excellent way to spend the summer. Students can utilize SMSU's Career Services to find internship opportunities, explore career paths, and build professional connections. Some academic programs also require internships, allowing students to earn credit while gaining experience. For more information, reach out to Career Services at 507-537-6221 or Careers@SMSU.edu.

Study Abroad: SMSU's Center for International Education offers study abroad opportunities for students interested in gaining global experience. Summer programs can be a great way to explore new cultures while continuing academic progress. Students can learn more by contacting the Center for International Education at 507-537-6018.

Volunteering: Volunteering provides valuable hands-on experience that can strengthen a resume and support future career goals. It also allows students to explore potential career interests in a low commitment setting, similar to job shadowing. SMSU's Center for Civic & Community Engagement can help connect students with local volunteer opportunities. Contact them at (507) 537-6423 or Civic.Engagement@SMSU.edu.

Letters of Recommendation: Summer is a great time for students to plan ahead by identifying professors or staff members they may ask for letters of recommendation for graduate school or job applications. Keeping a current list of references and maintaining those relationships can make future applications smoother.

Summer Jobs: While internships and volunteering are valuable, many students need to earn income over the summer. SMSU Career Services can assist in finding summer job opportunities, including on-campus positions and roles with local businesses in the Marshall area.



Source: Princeton Review (2023)