

MUSTANGS CONNECT

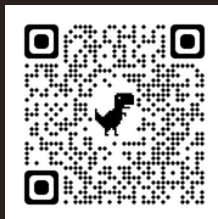
Discover. Engage. Lead.

Upcoming Dates

September 28
DUE DATE FOR FALL. If on an *SMSU Payment Plan* (\$30 charge will apply), and 1/2 of account balance must be paid

October 9
 SMSU Homecoming

Scan QR code
 for more info
 on
Homecoming



Deann 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 staying healthy. 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.

For our new students who are adjusting to life on campus, they may begin to experience some additional stress/anxiety from being away from home for the first time. Your student may have an increased amount of exams to study for, papers to write, or presentations to prep. Here at SMSU, we have many tools and resources to ensure our students are supported. In this newsletter, I have highlighted a few of those support services that your student may find beneficial.

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
Lori.Baker@SMSU.edu

Speech Center
(507) 537-7370
Joseph.Ullian@SMSU.edu

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

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

Health & Wellness

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

Counseling and Testing Resources
(507) 537-7150
Counseling.Testing@SMSU.edu

Disability Services
(507) 537-6492
Pam.Ekstrom@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) 537-7382
Michele.Sterner@SMSU.edu

Mustang Pathway
(507) 537-7223
Erin.Kline@SMSU.edu

Women's Center
(507) 537-6294
Julie.Walker@SMSU.edu

LGBTQ+ Center
(507) 537-6294
Julie.Walker@SMU.edu

Residence Life

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

Dining Services
(507) 537-7682
Don.Stanwick@SMSU.edu

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

Other Resources

Business Services
(507) 537-6219

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
Tyler.Boddy@SMSU.edu

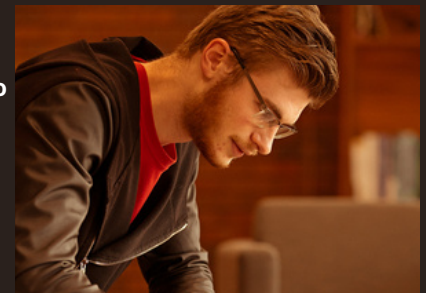
Success Strategy: Strike a Balance

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.ocm.com/ssu/lp/carepackages>