Greetings Parents and Families!

Welcome to the Parent and Family Connection Newsletter. Our objective is to provide you with current and relevant information pertaining to your student at Framingham State University. We will release issues throughout the year to keep you in the loop about all that’s happening at FSU! Whether it be initiatives, important resources or events, you’ll find them here. Through reading this newsletter you’ll find yourself more involved and informed with important information you can pass onto your student. We consider you our partners in ensuring your student has a positive, successful experience here at FSU and thank you for all that you do to help your student throughout the year!

Thank you,

Ben Trapanick
Director of New Student and Family Programs
508-626-4905
btrapanick@framingham.edu

Important Dates

Financial Aid Priority Deadline- Tuesday, March 1

Women's History Month Begins - Tuesday, March 1

Framily Network Meeting- Wednesday, April 7

Alpha Lambda Delta First-Year Honor Society Initiation Ceremony- April 8

Course Advising, (first-year students, depending on # of credits) - April 20-23

Web Registration (first-year students, depending on # of credits) - Sunday, April 25 @ 5pm

Last Day to Take a Course Pass/Fail - Friday, April 23

Last Day to Withdraw from a Semester Course with a 'W' - Friday, April 23

Semester Classes End - Friday, May 07
As we watch the COVID-19 pandemic continue to unfold across the globe, the health and safety of our community at FSU remains the top priority. FSU strives to be transparent about everything pertaining to COVID and has been regularly updating the COVID website. This link will provide you with everything you need to know about COVID and the university's responses, policies, and testing. The COVID regulations FSU has implemented such as mandatory masks, socially distanced seating, and online buying services are just a couple of the ways we're trying to keep everyone safe.

Different from last semester, the testing requirements have changed slightly. This semester, weekly testing will be held on Mondays from Noon to 4 p.m and Tuesdays from 9 a.m. to 1 p.m. All resident students must test every week and commuter students with classes on campus are also expected to test more regularly this semester. Commuter students with 2 or more classes on campus must test weekly and commuter students with 1 class on campus must test every-other-week based on last name.

In the weekly testing numbers, we still see small numbers of positive cases. Although the guidelines and efforts FSU has made have been working so far to keep cases low here on campus, it is critical to continue these efforts. While we persevere through these final winter months, everybody needs to be diligent in meeting the strictest guidelines for health and safety.
February is Black History Month, an opportunity for people to step back and learn the history that our educational systems and culture often erases. We aspire to be actively "anti-racist" here at FSU and understand that we have to combat systemic racism vigorously and denounce racist practices and actions. While substantial change has been made in the last decade in terms of racial equality, we still have a long way to go in the continuing fight for racial equality that is afflicting our society today. That is why it is paramount that we remember and acknowledge the brutal history of racism and learn about the many past and present forgotten contributions of African Americans.

A Brief History:
This article by HISTORY.com details the rich history of Black History Month. Black History month was founded in February of 1926 by Carter G. Woodson originally as "Negro History Week."

Why February? The second week of February was chosen because it coincided with the birthdays of Abraham Lincoln and Frederick Douglass, two birthdays that black communities had been celebrating for years.

By the 1960s, “Negro History Week” had begun to evolve into “Black History Month” and finally officially in 1976, President Gerald Ford recognized Black History Month, and he called upon the public to “seize the opportunity to honor the too-often neglected accomplishments of Black Americans in every area of endeavor throughout our history.”

How to Celebrate and Continue the Conversation past February:
Black History is American History, and this month should be used as a time of education, celebration and inspiration. We should use this month to initiate necessary conversations concerning race and racial inequities and disparities that are still embedded in today's culture. In order to make positive change, we need to be willing to listen and educate ourselves.

To celebrate Black History month, here are some links to fantastic tools to begin educating yourself:

1. Black History Milestones Timeline
2. 10 Must-Read Books for Black History Month
3. Ten "Must Watch" Black History Documentaries
4. Ted Talks to Celebrate Black History Month
5. Influential Black Musicians
6. Black History Virtual Events and Conversations
7. Black History and Culture Stories
8. Smithsonians Black History Month Collection

While it is necessary to start this conversation, it should not be confined to February alone. Together, we must strive towards the building of an anti-racist world. Neutrality is simply not enough. We must vigorously campaign against our society's racial inequities and disparities. Let February not only be a reminder of this forgotten history but a stairway into continuing this conversation all year long.
How to Keep Focus during Zoom Lectures

Staying focused during class is often a struggle, but it's even harder for students to remain focused during Zoom classes when distraction is only a click away. Although it can seem difficult during these Zooms to keep focused, there are several ways your student can counteract this:

1. Motivate Them to Get Out of Bed

During your student’s Zoom lessons they will never be able to completely concentrate on their class if they remain in bed. Their bed is a reminder of sleep and relaxation, and it won't inspire them to get their work completed.

2. Inspire Them to Set Up a Nice Area

Creating a comfortable and clean space to Zoom in will motivate your student. If they make the place where they Zoom feel special, they will be more inspired to get their work done. If their workspace is messy and uncomfortable, it just creates more distractions.

3. Push Them to Establish a Routine

With our normal daily routines ripped from underneath us, it can be useful to set up a new remote life schedule. Without a schedule, we often feel lost and unproductive. Push your student to create a routine that works well for them, concentrating on a specific time to wake up, study/Zoom, leisure, and sleep.

4. Encourage Them to Put Their Cameras On

Putting their camera on will push them to remain focused. If they don't feel comfortable using their camera, they can use the chat instead to stay involved in the conversation.

5. Convince Them to Go Full Screen

Going full screen while Zooming will prevent other unwanted distractions. Your student will be less tempted to go online shopping or gaming while they keep Zoom on full screen.

Remind your student that they are not alone; many students are struggling with this new world of online learning. If it feels like they are falling behind, encourage them to reach out to their professors, classmates, or CASA for support.
How to Support Your Student’s Goals: The SMART Method

It’s the last semester of the school year, and it’s time to reflect and map out how your student can finish this year strong. Creating new and sustainable academic goals can be a perfect way to align one’s focus in a positive direction. When setting new goals, it’s essential to reflect on the previous semester and figure out what worked for your student. To ensure that the goals of your student are clear and attainable, use the SMART method:

- Specific (simple, sensible, significant).
- Measurable (meaningful, motivating).
- Achievable (agreed, attainable).
- Relevant (reasonable, realistic and resourced, results-based).
- Time-bound (time-based, time-limited, time/cost limited, timely, time-sensitive).

Using this goal-making method will provide your student with the tools to effectively accomplish their goals instead of only making them. Setting these SMART goals will help your student concentrate on what is important to them and what they want to learn from this semester. Without setting SMART goals, it may be difficult for your student to find the motivation to work to their best ability. Click here to find out more about the SMART method and the ways it can help your student this semester.
As students begin planning for the remainder of their first year at Framingham State University and create some of their priorities and goals for the next year, it's important to think about their involvement on campus. A perfect way to get involved on campus is by applying to one of our many career opportunities. These jobs are a great way to gain valuable experience and lifelong friendships. Applications are available on Ramlink under Common Leadership.

** Resident Assistants
Resident Assistants are assigned to work closely with a floor/area and act as a peer mentor, develop programming, enforce University policies, respond to emergencies, and assist in managing the residence halls.

**Requirements for this position include:**
- Being a full-time matriculated student at Framingham State University.
- Must have sophomore status by employment start date.
- Have a minimum overall QPA of 2.5 at time of appointment.
- Maintain minimum overall and semester QPA of 2.5 from time of appointment through period of employment.

**Black and Gold Orientation leader**
Black and Gold Orientation Leaders are responsible for helping new students in the beginning stages of their transition to Framingham State University from their previous environments. Students who become Orientation Leaders are able to practice communicating effectively, persevering through adversity and challenge, fine-tune public speaking abilities, and many other skills that future employers will look for.

**Requirements for this position include:**
- successful completion of one semester as a full time student at Framingham State University
- enrolled as a full time student
- have a grade point average of 2.5 or higher, and be in good social standing with regard to university policies and procedures.
Job Opportunities on Campus

Foundations Peer Mentors
Foundations Peer Mentors are assigned to a Foundations Seminar to work with new students as they begin their first year of college at Framingham State University. Peer Mentors are responsible for welcoming first-year students to the FSU FRAMily through providing guidance and advice while helping students establish meaningful connections with one another. They will refine skills sought out by future employers including communicating effectively with others and speaking publicly, coordinating events based on the time of year, appropriately managing time, and problem solving.

Requirements for this position include:
- A grade point average of 2.8 or higher
- Good social standing with regard to university policies and procedures
- Completed at least one semester as a full-time student at Framingham State University.

SEALS Peer Health Educator
Support. Education. Action. Leadership. Strength. These are the ideals that the SEALS Peer Health Educators embody as they navigate their time on the Framingham State campus. These students are employees of the Wellness Education Department and spend their time learning about health topics and bringing that information to other students through tabling, engaging activities, documentaries, and events.

Requirements for this position include:
- Recommendation Letter