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,

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COVID-19 Response

This year brings new challenges to our community that we have never had to face. First and foremost, it is important to stress that the safety of students and university employees is the number one priority. FSU aims to be as transparent as possible and provide the most up to date and accurate information. Here is the link to FSU’s hub to everything you need to know about COVID and the university’s responses, policies, and testing. The COVID policies FSU has put in place such as mandatory masks, social distance seating, and online ordering options are just a few of the ways we are working to keep everyone safe.

Our testing procedure is for any student who is physically on campus in some capacity. The non-invasive testing happens weekly on Tuesdays. In addition to testing, FSU has a contact tracing program in place to ensure they can maintain control of any possible spread. If a student should need to be reached for contact tracing, they will be contacted by phone call either from the FSU Health Center or the students local Department of Public Health.
Anti-Racism at FSU

FSU is committed to being an anti-racism institution and part of how we are continuing this ongoing effort is providing anti-racist learning opportunities from the collaboration of three different departments all committed to providing the ability to create discussion around the issues of racism and inclusivity. The Center for Inclusive Excellence (CIE) is forming the Institutional Inclusive Excellence Committee. They state that “The purpose of the committee is to identify and advance FSU’s strategic inclusive excellence objectives. The primary focuses will be anti-racist strategy to positively impact the student experience.” All of that info and more can be found under this link.

In your students’ syllabi there is an anti-racism statement written by faculty and administrators at FSU that reads,

“At Framingham State University, faculty, staff, and students work together to sustain a learning, working, and living community free from hate, discrimination, harassment, and intolerance. We recognize the damaging effects of systemic racism—including policies, structures, and historic practices—on the experience and success of communities of color. Coming from different backgrounds and different levels of privilege, we can all affirm and engage in antiracist work.

Diversity of voices, and of minds, strengthens our ability to solve problems and to ask and answer questions about the world we share. As your instructor, I commit to upholding community values of inclusion, civility, accessibility, and mutual respect. I expect this class to commit to creating a community that affirms and welcomes all persons from diverse backgrounds and experiences, and supports the realization of everyone’s potential.”

Professor’s have read this to their students at the beginning of the semester to make it known that their class is a safe learning environment for everyone.

FSU has great resources such as videos, graphics, and articles that provide a more in-depth look at what racism is and the different types of racism that are experienced. In this link you can find that information as well as an incredible Ted Talk given by Ibram X. Kendi. Kendi is the author of a book titled “How to be an Antiracist” and speaks on the difference between being not racist and being anti-racist. This talk was given in July of 2020 and speaks on the most recent events in this country and how racism is still very present and a huge problem in the US. He speaks on actions people can take to become an anti-racist as well as the effects of systemic racism in America and how it produced the biased crimes we see in the media and all around us still today.
Transitioning to College

Transitioning to college life and gaining the new independence this transition brings is coming with new challenges this year. We want to do everything we can to ensure your student has all the resources they need to be successful and feel prepared for the year. We want to provide two articles, one that shares tips on how to keep your students involved and set them up for success in and out of classes, and one that talks with a licensed psychologist about the struggles that may present themselves due to the current environment.

The Counseling Center here at FSU is a great resource for your student if they ever feel they need help staying on track or managing their stress as well as if they feel they need someone to talk to, guidance, or any type of advice. Students can either email or call the Counseling Center. There are a few tips the Counseling Center provided that we want to share with our families. Sleep, exercise, nutrition, connection are four things they suggest will help keep students on track, in good health, and feeling their best. We will go a little more in depth on what those suggestions mean.

College may provide more work than students have gotten in the past and if that is the case, your student should work on developing good time management. This can help them get on a schedule and develop habits that will allow for proper sleep. Exercising and moving your body is important especially in a COVID environment because students may be stuck inside or glued to their computers all day. Getting at least 20 minutes of exercise in the day, even if it’s just a walk outside, can help in so many ways. Like exercise, nutrition is an important part of staying healthy mentally and physically. Food is fuel and students will only benefit from eating a healthy well balanced diet. Making connections socially is important to staying healthy. Make sure your student knows they have a support system at home and on campus. There are many ways to get involved such as joining a virtual club or going to events. Events can be found on the website, Ramlink where students can sign in with their FSU login. There is also academic support for students who are on or off campus at the Center for Academic Success and Achievement (CASA) where students can sign up for virtual sessions. Click here for more information on CASA.

Finally, ensure your student has time and resources to care for themselves. Frequently check in on your student and how they are feeling. If you have any concerns about your student, please do not hesitate to contact the Counseling Center.
Important Dates

Columbus Day Observed (No Day Division Classes) - Monday, October 12th

Virtual FRAMily Network Meeting - Wednesday, October 14th, 7pm

Homecoming- October 15th-18th

Spring 2021 Advising & Registration for Honors, Freshman, Sophomores, Juniors, and Seniors
Honors - Advising week October 26-30th, registration October 30th at 5pm
Seniors - Advising week October 26-30th, registration November 1st at 5pm
Juniors - Advising week November 2nd-6th, registration November 8th at 5pm
Sophomores - Advising week November 9, 10, 12, &13th, registration November 15th at 5pm
Freshman - Advising week November 16th-20th, registration November 22nd at 5pm

Election Day and Deadline to Postmark Ballots- Tuesday, November 3rd

Veterans Day Observed (No Day Division Classes) - Wednesday, November 11th

Last Day to Withdraw from a semester course with a 'W' - Wednesday, November 25th

Thanksgiving Recess - Wednesday, November 25th beginning at 4:30pm

If you have any further questions you can check our FAQ page here or contact any of our staff.

Best,

The New Student and Family Programs Department