PARENT & FAMILY CONNECTION

WINTER 2019
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 first-year 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 first-year 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 first-year students throughout the year!

Thank you,

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

David Baldwin  
Associate Dean of Students, Student Development  
508-626-4956  
dbaldwin@framingham.edu

Important Dates

Resident Move-in Day (Spring Semester):  
   January 20, 2020  
Classes Resume:  
   January 21, 2020  
Spring Break Starts:  
   March 13, 2020  
Classes Resume:  
   March 23, 2010
Picking Up Where Last Semester Left Off

Readjusting to campus life after winter break can be difficult for first-year students. Picking up from where they left off sometimes feels equivalent to starting all over. However, it's important for students to remember this is not the case! Second semester of the first year of college is an opportunity for your student to grow and build off of what they have already accomplished.

Encourage your students to practice having a growth mindset. Rather than being too hard on themselves about grades lower than what they expected, students should recognize the effort and hard work they put into preparing. Reminding students that they can learn from difficult challenges presented by coursework cultivates a supportive environment for them to continue to grow regardless of grade letter.

Maintaining a healthy growth mindset is just one of the steps students can take to have a more productive and rewarding second semester. Below are some other great ideas to help:

Prepare for New Classes
Students should keep an eye out for e-mails from their new professors or notifications on Blackboard. The syllabus is almost always available online before class starts. Students can get ahead by reading through and taking note of any additional materials they need or important dates.

Set Goals
Whether your first-year student is happy or unhappy about how their fall semester ended, encourage them to set goals. Creating and keeping track of a calendar is a great way to stay on top of any goals they set. Remind your first-year student that goals should extend beyond academics - Do they want to set time aside with friends? Join a new club? There's no limit to the number of goals your student can have!

Find a Balance
Remind your student that their college career isn't dedicated solely to their grades. They are undoubtedly one of the most important part of having a successful college experience, but so are elements like forming new relationships, learning more about yourself and your aspirations, and experiencing new things. Balancing academic success in conjunction with these other factors is the key to truly being successful while away at school.
Job Opportunities on Campus

As students start to plan out the rest of their first year at Framingham State University and outline some goals and aspirations for the following year, it's important to think about their involvement on campus. Being a part of different clubs, events, and activities are all great ways to meet students with similar interests and make campus life even more fun. What many students don't realize is that the multitude of on-campus employment opportunities foster campus involvement and offer valuable experience at the same time! Position descriptions are available on Handshake, FSU's online portal revolving around job opportunities. Below are a few exceptional on-campus jobs to consider:

**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.

Minimum qualifications for the position include the successful completion of one semester as a full-time student at Framingham State University, be presently 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.

**Peer Mentor**
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 by 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.

Minimum qualifications for the job include a grade point average of 2.8 or higher, be in good social standing with regard to university policies and procedures, and have completed at least one semester as a full-time student at Framingham State University.
Spotlight on the Center for Inclusive Excellence (CIE)

The Center for Inclusive Excellence (known as the CIE around campus) is committed to fostering an inclusive campus climate through collaboration, support, targeted programming and the facilitation of cross-cultural resources. Patty Birch, Director of Inclusive Excellence Initiatives, was kind enough to answer a few questions and provide more context about the CIE.

Please briefly introduce yourself and your role at the Center for Inclusive Excellence.
My name is Patty Birch and I am the Director of Inclusive Excellence Initiatives. I manage the CIE and supervise the Program Coordinator and student interns. My passions include student learning and Inclusive excellence development. Framingham State University is a vibrant community ripe with opportunity for growth in inclusive excellence and I am excited to be here!

What are the CIE’s goals?
Our main goal is to engage the entire campus in inclusive excellence practices. We support student culture and affinity groups programs, celebrate heritage months, and provide training and workshops on inclusive excellence. Overall, we work to fulfill the mission and goals of Framingham State University through providing proper education about diversity inclusion and community engagement.

How does the CIE work to make all students feel involved and accepted on campus?
The CIE is open to all students in supporting their academic goals toward diversity in the curriculum and co-curriculum, access and equity, civic and community engagement, and development of their psychological and behavioral environment. We encourage students in their intercultural learning and development that helps them thrive on campus and eventually graduate.

What are some things that you would like parents to know about so they can serve as a resource for their students regarding the CIE?
The CIE is open to students as a support system for learning, growth, and development. The center space is open for all students when there isn't a scheduled program. It is a place where students can find resources, support, and training throughout their academic journey. The space is open to all FSU full-time, part-time, residential, transfer, and commuter students.

As 2020 and the new academic semester draw closer, what are some of the things that the CIE hopes to accomplish next year?
Our goals for 2020 include providing more space for student programming, establishing student ambassadors for the CIE, increasing student engagement in planning and executing heritage month events, and creating a training plan for student leadership within current clubs to support development of leadership skills.

For more information regarding the CIE, click here.
Helpful Thoughts and Tips as the Semester Switches into Full Gear:

While it can be helpful to think of a new semester as a fresh start and a clean slate, it's important to remind your first-year student not to disregard how far they have already come. The first year of college is arguably the most challenging and formative. The fact that they have made it this far is commendable! Implementing and maintaining a growth mindset is important in helping your student complete their first year at Framingham State University. Encourage them to continue to grow and actively seek opportunities to further their involvement in the FRAMily like on-campus jobs!

For more information about the topics discussed, click any of the blue links below:

Growth Mindset
Helpful explanation of how to effectively practice having a growth mindset and why it makes such a big difference.

Second Semester Advice
Great ideas on things to try to help first-year students start a new semester off on the right foot.

Handshake Portal for Students
Guide your student to this page of the website if they are curious about job opportunities on campus, off campus, or internship positions.

To address any further questions or concerns, please refer to our contact information. We hope you and your student have a great rest of the year!

Best,

The New Student and Family Programs Department