

# BLUE IS FAMILY

Sycamore Family Newsletter

- January 2021 -



## A Note from Family Programs

### Greetings Sycamore Families!

On behalf of Family Programs and the Office of New Student Transition Programs, Happy New Year! We hope that you enjoyed the extended time with your student over the holidays. The Spring Semester is finally here and we are so excited to welcome students back to campus!

The beginning of a new semester is an opportunity for a clean slate for many students. They'll have new classes, new professors, new friends, and new ways to get connected. Your student may need to break some old habits, sharpen some skills, or get out of a rut. Talk to your student about taking what was learned in the previous semester and putting those lessons into practice.

Be sure and watch your email for information about our Family Fridays Webinar Series! Each month, we will discuss various topics affecting students and value your participation in these events!

I hope that 2021 brings good health and exciting new adventures for both you and your student! Thank you for partnering with us in helping your student find success, both in and out of the classroom.

With Sycamore Pride,

**Debbie Rea Barber**

Assistant Director, New Student Transition Programs/Family Programs  
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### Follow us on Social Media!



## Dates to Know

### JANUARY

January 18 - Martin Luther King Jr. Day; University Closed  
January 19 - Spring Semester begins  
January 22 - Virtual Spring Involvement Fair  
January 25 - Last day to add/drop 16 week classes with no grade

### FEBRUARY

February 8-12 - Three Week Attendance Reporting  
February 25 - March 2 - Interim Grading

[VIEW FULL CALENDAR](#)

## Student Directives for Covid-19 Prevention Extended

**The university's directives to students addressing Covid-19 prevention have been extended to June 30, 2021. These directives include:**

Students are required to wear face coverings in all campus buildings and in outside campus areas where social distancing of more than 6 feet is not possible.

- Students are required to complete the Sycamore Symptom Assessment each day.
- Students are required to cooperate and provide information to contact tracers.
- Students may not attend large social gatherings of over 25 people, and student organizations may not engage in hosting large social gatherings of more than 25 people unless the event is a university event, meets university event requirements and Division of Student Affairs requirements.

**Full text of the directives can be found [here](#).**

**Indiana State University will provide two face coverings to all newly enrolled students. A list of distribution times and locations can be found [here](#).**

## Covid-19 Contact Information

Office of Dean of Students: 812.237.3829 | [ISU-DeanofStudents@indstate.edu](mailto:ISU-DeanofStudents@indstate.edu)

Office of Residential Life: 812.237.3993 | [ResLife@indstate.edu](mailto:ResLife@indstate.edu)

Disability Services: 812.237.2700 | [isu-dss@indstate.edu](mailto:isu-dss@indstate.edu)

Student Health Center: 812.237.3883

[COVID Reporting Form](#)

[COVID-19 Dashboard](#)

## SYCAMORES STAYING SAFE



COMPLETE THE SYCAMORE SYMPTOM ASSESSMENT



WEAR A FACE COVERING



WASH HANDS FREQUENTLY



MAINTAIN SOCIAL DISTANCE



DISINFECT SURFACES



STAY HOME WHEN ILL

## Family Fridays Webinar Series

January



### Sycamore Family Fridays Webinar Series

**January 22nd, 5:00pm (EST): Your Student's Mental and Physical Well-Being**

The winter months can be tough for college students! As they navigate academic, social, and professional stressors, it is important to understand how they may be affected and how families can be the support network to help them thrive and be successful. Join us and our panelists as we discuss student mental health and physical wellness, and how families can navigate these challenges with their student.

[INDSTATE.EDU/FAMILIES](#) | [f SYCAMOREFAMILIES](#) | [iSU\\_FAMILIES](#)

**Click [here](#) to register!**

## Timely Issues

January

### Academics

#### New Classes

Talk with your student about what they struggled with last semester and have them seek help for skills, not topics. For example, if they struggled in a class that required extensive writing, encourage them to visit the Writing Center for assistance. The [Writing Center](#) is currently operating completely online and can help with every step of the writing process, including brainstorming a topic, researching, and outlining the paper.

#### Tutoring

If your student feels lost in a class, encourage them to seek tutoring, which is located on the ground (1st) floor of Normal Hall. [Tutoring](#) is free to students and they should [sign up](#) at the beginning of the semester, instead of after they have fallen behind.

#### Scheduled Study Time

Your student should make studying a part of their everyday schedule! One of the most efficient ways to do this is for them to schedule 20-30 minutes between classes (where possible) to review notes and then a later time to compare the notes with the course text to check understanding. Your student can also schedule an appointment with their Academic Advisor to help develop a study strategy.

#### Mentoring

If your student struggles with holding themselves accountable to assignment and classroom deadlines, suggest to them to sign up for a mentor. ISU has a free mentoring program located on the second floor of the Cunningham Memorial Library. They can also sign up for a mentor online at: [indstate.edu/mentoring-center](http://indstate.edu/mentoring-center).

### Personal/Social

#### Homesickness

Homesickness - even during the spring semester - typically starts to kick in after about a week on campus. Remind your student about getting out of their room and reconnecting with others on campus. They may have a roommate or other friends who didn't return this semester and that can make it challenging at times. Encourage them to attend programming and talk with their RA about meeting new people on their floor.

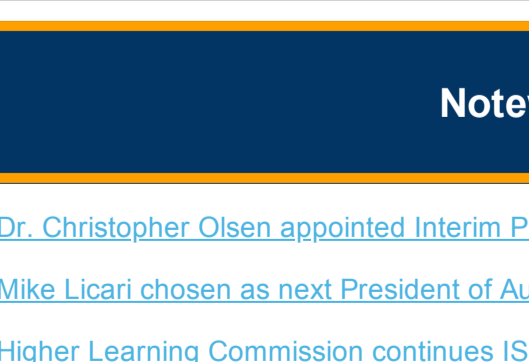
#### Roommates

Does your student have a new roommate this semester? They may need to revisit what it's like to share a space and live with someone new. Talk with them about completing a roommate agreement to set the rules and guidelines for the room.

#### Seasonal Affective Disorder

The midwest can be a gloomy place in the winter. Some students can struggle with seasonal depression during this time. Encourage them to contact the [Student Counseling Center](#) at 812.237.3939. They can set up a one-time virtual appointment to get tips on how to cope, or they can schedule regular counseling appointments. The standard fee for services is \$60 per academic year, for as many appointments as needed.

## Student Leadership Opportunities



Is your student interested in being an Orientation Leader or Transition Mentor? The Office of New Student Transition Programs is looking for passionate undergraduate student leaders to help facilitate transitional programming. Your student can find more information about these positions on the [New Student Transition Programs](#) website.

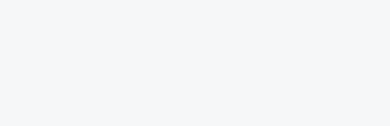
## Noteworthy at ISU

[Dr. Christopher Olsen appointed Interim Provost of Indiana State University](#)

[Mike Licari chosen as next President of Austin Peay State University](#)

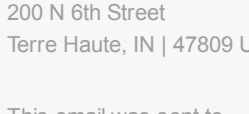
[Higher Learning Commission continues ISU accreditation](#)

[New aviation scholarship established](#)



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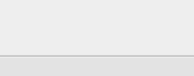
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