

M Mines Family

matters

SEPTEMBER 2013

Student Health 101

Residents Life & Student Health Services

As a service to our families here at School of Mines, we are providing an online subscription to Student Health 101 for both your student and yourself. Student Health 101 is a monthly health and wellness magazine just for School of Mines students and their families. Each issue contains valuable information that will help your student make better decisions and can help you gain a better understanding of the health and wellness challenges that face today's students. As parents remember it is good to stay involved with your student's regular activities but as they are away at college it is your job now to be more of an advisor in life than a parent. Help your students make their own choices and decisions. Also don't be offended when they stop coming to you with everything. Remember it is a growing and learning experience for them to do things on their own.

You can read the September issue of the Parent Perspective online at readsh101.com/sdsmt-pp.html

Once on the Student Health 101 site, you can submit your email address. Once you do this, you'll receive an e-mail with the latest issue of the family-only Parent Perspective, along with the Student Health 101 issue that your student will receive. Please take a few minutes to read the issues each month, as we believe that they can be a valuable resource for you and your family.

You're also invited to read the accompanying Student Health 101 issue for our students, online at readsh101.com/sdsmt.html.

The September issue has some great articles including:

- Get Up, Get Going: Quick breakfasts to fuel your day
 - Bedtime Basics: How to establish your nightly routine
 - What Would You Do?: How to step in and prevent sexual violence
 - The Beginners Guide to Budgeting: How to manage your money one week at a time
 - Chart Your Course: Using your syllabus to plan ahead
 - UCookbook: Portable Snacks
 - FitnessU: Exercise in Small Spaces
- Thanks for taking the time to read Student Health 101!
- Remember if you need Student Health Services they are available 1pm to 4pm Monday through Friday in the Surbeck Center.



Parent Central

Parents, if you attended orientation on campus we would appreciate your feedback please take a moment to answer our short survey available on the Mines Family webpage. sdsmt.edu/Campus-Life/Parent-Resources/

If you have already taken the survey we appreciate your time and feedback, this helps us continue to improve your on campus experience. If you have any other feedback you can also reach us at:

SDSMT-minesfamily@sdsmt.edu

Transitions

As students get past the first few weeks of excitement and busyness of college, some of them start to feel homesick. They miss the familiarity and safety of their family and friends they grew up with. There is something very comforting about knowing where to get the best coffee and knowing which of your friends likes which TV shows and video games. Those students from outside of Rapid City and particularly from out of state have to learn how to get to WalMart and where to find the best pizza, but also where they fit in with a new social scene and academic environment. Most students make the adjustment well, but some others struggle. Here are a few suggestions for parents.

1. Encourage your student to have regular activities and visits with Resident Assistants, roommates and dorm mates including a regular meal schedule.
2. Call, email, text, send cards and packages regularly, but not every day. Try Skype if you haven't already.
3. Watch for signs of distress such as not sleeping, staying in the room and not going to class.
4. Brainstorm with your student about how to get help with classes or join a student organization.
5. Suggest asking an RA for help or coming in for counseling if problems continue.

Let us know if we can help.

Dean of Students Office and Counseling Services 605-394-2416

The 5 Most Important Skills for Time Management for Students

1. The ability to say "no." Learning to say no is a very important lesson to learn when it comes to college and time management. There is a never ending list of things you can volunteer for or clubs you can join but remember your priorities and what needs to come first. Just because someone asks you to join their club doesn't mean you have to or that you have time to budget for one more obligations.
2. Spacing things out. Don't procrastinate. Do you know you have an ugly midterm/paper/lab report/research project due in, say, one month? Don't wait until the last week to get started. Space things out a bit and scheduling your time so you don't have to spend some many hours trying to cram when faced with a deadline.
3. Using social time wisely. College is amazing because there is always something going on that you want to be a part of. College is also incredibly challenging for this exact same reason. Instead of feeling like you're missing out on something whenever you try to do your homework, work your on-campus job, remind yourself that there will be something fun to go do once you're done.
4. Prioritizing and reprioritizing -- constantly. No matter how on top of things you are, life still happens... which means, that you'll get sick, your tablet will crash, your roommate will have some kind of drama, or you will drop your cell phone in the toilet or lose it. Good time management often requires you to have the ability to rearrange or reschedule things. Remember to stay flexible and give yourself some wiggle room.
5. Keeping your health/sleep/exercise in check. Sure, you have about 30hours' worth of things to do in a given day which doesn't count the time required to sleep, eat, and exercise. Making sure those 3 little things happen can make all the difference in your ability to manage your time well in school. Staying up a little too late here or there? Maybe not eating a healthy dinner every night of the week? Usually okay. Get a routine figured out and stick with it in order to stay on your game, you have to be physically and mentally able to play the game. Practicing self-care can really go a long way in keeping yourself healthy.

If you're looking for a chance to get in some exercise don't forget about the upcoming What: Annual Wharton Memorial Run

Contact: Mark Urban or Kim Osberg When: Saturday, September 21, 2013

8:00 AM - 11:00 AM

A Message from the SDSMT Foundation

The executive committee of the Music Development Group – Bob Case (EE' 75), Tami Nelson (MetE '86), Karen Whitehead, Sid Goss, and Jim Feiszli – has called for volunteers to donate their time to come to help with painting, hanging blinds, installing doors, and other fix-it items. The work days will be Saturday August 10, from 9 a.m. to 5 p.m. and Sunday August 18, from 1 to 5 p.m. This activity is part of Phase One of the Music Center Project: To make the building suitable for classes and performance. Remaining projects in Phase One include patching and painting the main hall, resurfacing the stage, and installing stage lights, entry doors, and wiring for a house audio system. Volunteer workers will hear about future plans, see conceptual designs, and have an opportunity to give ideas and opinions into the next phases.

Music Activities has been in the Music Center, the former Old Gymnasium, for two years. The second-oldest building on campus, the Music Center was the setting for sporting events, dances, classes, commencements, and performances. In recent years, it had fallen into neglect and disrepair. Retaining the historic character of the building, while renovating it and making it a safe environment will provide the space needed for a growing and successful music program.

Last spring, the SDSM&T Student Association granted \$9,000 to music activities for an engineering study that certified the balcony as structurally sound. Work to re-open the balcony for limited use is currently underway. Darin Himmerich (EE '88) - former Singing E's and Master Chorale member and music work-study student, who earned a masters in theater and spent years in the TV industry and now heads the theater dept. at the Univ. Of Nebraska-Kearney –volunteered to come to Rapid and provide technical advice for installing stage lights. His expertise will provide a blueprint for the installation of stage lights this fall.

The next Phases (2-4) include adding space in the entrance and rear to create stage access, installing an elevator, constructing a larger stage and tiered seating area, and finishing the basement for additional office, practice, classroom, and storage space. An addition for band rehearsal space and a roof top deck are also being considered.



Tami Nelson, says, “We wish to maintain this historic building while creating suitable classroom and performance space. Music provided valuable skills and knowledge to many of us while we were at SDSM&T and many of us continue to enjoy singing or playing today. I hope the Music Center will be something that will enhance learning for current students, provide a social and professional venue for the campus, and create a showcase for musical events that the entire university can be proud of.”

For more information on v how you can help, please contact Dr. Feiszli at james.feiszli@sdsmt.edu

53rd Annual
FAMILY
WEEKEND
OCTOBER 25-27, 2013

Family Weekend is an excellent time to visit your student and meet faculty, staff, and other parents, and to see firsthand the many aspects of life on our campus. Receptions, a production of the fall student drama club, and Hardrocker football and volleyball games are some of the activities that will be offered. You are cordially invited to attend. And unless specified, there is no need to R.S.V.P.—just come! A schedule for an event will be posted on the School of Mines' Website. More important than the scheduled events, students enjoy visiting with family, touring the area, going out to eat, and shopping! For more information, contact Coral.Selken@sdsmt.edu