

# SPRINGFIELD COLLEGE



## Springfield College **CONNECT**

News and Happenings from Alden Street

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This newsletter is published by the Division of Student Affairs as a communication tool for our parents and families to stay informed.



*Note: This photo was taken before Springfield College imposed a mask mandate for outdoors if social distancing of six feet is not possible. The mandate is based on the city of Springfield COVID requirements.*

## **Greetings from the Vice President for Student Affairs**

Dear Parents and Families:

I can't believe that we are already halfway through the fall semester. And what a semester it has been! The campus has been buzzing with lots of great programs and activities and our **covid positivity** rate continues to remain low. It's been a true joy watching your student(s) engaged on campus.

As always, we hope this e-newsletter strengthens our relationship with you so we can better serve our students. Remember, we are always a phone call or email away.



We are rapidly approaching Halloween, which you may have thought was a holiday just for kids—not true! College students love to celebrate Halloween, and many celebrate with alcohol.

As families, students still take their cues from you. We encourage you to be honest and open about the risks that can come with drinking or other substance use and what your expectations for your student are - on Halloween and every other weekend. Here are a few important points you might want to consider the next time you talk to your student:

- Recognize that some students do choose to drink in college. If they choose to do so, they need to know that Springfield College policy prohibits underage consumption and possession, in accordance with state law.
- If students do drink, encourage them to do so in the safest manner possible. For example, tell them to limit how much they drink, don't drink to the point of intoxication, eat food before drinking, stay with a trusted group of friends, and never drive after drinking.
- Remember that help is available! If a student or their friend needs medical assistance due to drinking or consuming other drugs, they should call the Department of Public Safety or a residence life staff member. The College has a medical amnesty policy that may apply in these situations, which you can find on page 16 of the **Student Handbook**.
- Remind them that not everyone drinks or uses substances. Springfield College has an active non-drinker group on campus, which consists of students who identify as a non-drinker, are interested in meeting other students who identify as a non-drinker, or are interested in weekend activities that don't involve alcohol. If your student wants more information on this group, please have them email [communitystandards@springfield.edu](mailto:communitystandards@springfield.edu).

Want to learn more about how to chat with your student about drinking and substance use? We have plenty of **tips for talking to students** as well as **how you can help them access help** on campus. Thank you for the role you play in helping your student have a safe and successful experience at Springfield College!

This joint message is brought to you by Springfield College Alcohol and Other Drug Education and Health Promotion and the Office of Community Standards.

## Competitions

If your student is looking for fun events and activities to attend or participate in, the week of Halloween will offer a variety of activities—from athletic events to a haunted house display at Alumni Hall. To find out more, visit the [athletic calendar](#) and the [programming calendar](#).



At the Counseling Center, we are often contacted by parents/guardians about how to approach mental health concerns with their student. We have some suggestions.

**Use what you know:** You are an expert on your student and what is typical for them. If you begin to notice changes (e.g., higher anxiety, low mood, isolating, etc.) ask them directly about your observations and wonder aloud with them about what might be happening or contributing to the changes.

**Don't be afraid to ask:** Be direct about what you are noticing and put a name to it so that your student has permission to talk about it. Sometimes as parents/guardians we can feel hesitant to ask about mental health or use mental health language. Talking about it normalizes it.

**Explore versus problem solve:** Often our instinct as parents/guardians is to try to fix the problem. Unfortunately, this can result in oversimplifying your student's feelings and the situation they are in. Ask your student what they need and remind them that you are here to listen and help.

**Normalize and offer support:** Remind your student that anxiety and depression are common. There is *nothing* wrong with them. Often, students can feel as though they are failing or a burden if and when they are struggling. Helping normalize their situation and offering support are some of the best ways you can support your student.

**Identify and utilize skills that work:** Explore with your student what they do to de-stress or cope. What brings them pleasure? How do they care for themselves in big and small ways? Consider sharing with them the following: Minimize time alone; talk honestly about your feelings with your support system; create structure for your day with a daily routine; get regular, consistent sleep and eat properly; focus on what you have control over; get outside at least once a day and consider exercising; and engage in activities that feel restorative, fun, and pleasurable.

## Sneak Preview: Registration for Spring 2022 is Coming!

Advising and registration planning for spring 2022 will begin on Monday, Nov. 1 with registration beginning the week of Nov. 15. All students are required to meet with their academic advisor to receive registration clearance prior to their registration date and access time.

For additional information on important academic-related dates and deadlines, review the [academic calendar](#).



## Thanksgiving Break Housing Information

The staff of the Office of Housing and Residence Life is looking ahead to the approaching fall Thanksgiving break in November. Springfield College residence halls close at 5 p.m. on Tuesday, Nov. 23 and re-open at noon on Sunday, Nov. 28. No doubt many of our students are looking forward to a well-deserved break.

If a student needs to stay on campus during any part of Thanksgiving break, they must submit a Break Housing Application (via their PrideNET account). Due to halls closing, card access to their current hall will be turned off. Card access will be granted only to students who have submitted this form on time. **Student request is due by 4 p.m. on Monday, Nov. 15.**

For the break, depending on the dates the student requests to be on campus, they may be asked to relocate to another residence hall. Dining services will not be available. Please note there are no guests or alcohol permitted during the break (regardless of age). There is a charge to stay over the break of \$200. Break housing fees are not prorated.

If you have any questions, please call the staff at the Office of Housing and Residence Life at (413) 748-3102 (open Monday through Friday 8:30 a.m. to 4:30 p.m.) or email them at [reslife@springfield.edu](mailto:reslife@springfield.edu).

## Optional COVID Testing Pre- and Post-

# Thanksgiving Break

Continuing in the tradition of leadership in service to others, we are expanding our COVID testing to include any students who would like to undergo an optional COVID test either before or after Thanksgiving. While testing provides a “snapshot” in time, we hope this information helps students feel more confident they are doing all they can to protect their family and friends when gathering during Thanksgiving. There will be no charge for testing. Students who test positive for COVID-19 from a pre-break optional test will be encouraged to isolate at home (when feasible). All testing will take place in our Testing Center (239 Wilbraham Ave.).

## Pre-break testing dates and times:

Thursday, Nov. 18: 8:30 a.m. to 3:30 p.m.

*Results should be available late Friday night into early Saturday morning.*

Monday, Nov. 22: 10 a.m. to 5:30 p.m.

*Results should be available late Tuesday night into early Wednesday morning.*

## Post-break testing dates and times:

Monday, Nov. 29: 10 a.m. to 5:30 p.m.

Wednesday, Dec. 1: 8:30 a.m. to 3:30 p.m.

Thursday, Dec. 2: 8:30 a.m. to 3:30 p.m.

## About the Division of Student Affairs

The Division of Student Affairs aims to foster an engaging and inclusive co-curricular learning environment where students grow as leaders while exploring, understanding, and living the Humanics philosophy. The Division is comprised of the following offices and programs: Spiritual Life, Community Standards, Alcohol and Other Drug Education, Dean of Students, Undergraduate Student Orientation Programs, Career Center, Counseling Center, Housing and Residence Life, Student Activities and Campus Union, Campus Recreation, Center for Service and Leadership, Veterans and Military Services Center, and the Health Center.

## Join the Springfield community online.

Get an inside look at what life is really like at Springfield College.



Springfield College is a smoke free/tobacco free campus.

Employment Opportunities

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