

SPRINGFIELD COLLEGE



Springfield College **CONNECT**

News and Happenings from Alden Street

Volume 1, Issue 3 • November 18, 2021

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



Slandie Dieujuste holds "TIME with Dr. Slandie" pop-up events throughout campus where she meets face-to-face with students to find out what's on their minds. Students can learn of upcoming times and locations by following her on Instagram [@Dr.Slandie](#).

Greetings from the Vice President for Student Affairs

Dear Parents and Families:

As we approach the Thanksgiving holiday, I have been thinking of how grateful I am to be a part of the Springfield College community. This is a place like no other and I am glad your student has found their home here.

There is so much to be grateful for. I am grateful that despite still being in the COVID-19 pandemic, we have been able to provide a full on-campus experience for students. I am grateful to be working with a team of people who care deeply about our students. And I am certainly grateful to have you as partners to ensure our students have the best possible experiences.

As always, we are always a **phone call or email away**.

Sincerely,
Slandie Dieujuste, PhD

Follow me on Instagram [@Dr.Slandie](#).

Weathering Cold and Flu Season

Flu and cold season is upon us. During this time, it is especially important that your student take care of their physical, mental, and emotional well-being.

Tips for your student to stay healthy:

- Get your flu vaccine. Flu vaccines are readily available at pharmacies. The Health Center also has a limited supply.
- Frequently wash your hands and avoid touching your eyes, nose, or mouth.
- Avoid being around others who are sick and stay home if you are sick.
- Practice good health habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.
- Avoid sharing food and drink.
- Cough or sneeze into a tissue or your elbow.

Be prepared:

Despite following all the above measures, your student may still get sick. Mild symptoms and illness can often be self-managed with over-the-counter (OTC) medications or supplies. It is helpful to have these items on hand:

- OTC cold and decongestant medications;
- OTC pain and fever relievers (acetaminophen, ibuprofen or naproxen....**not** aspirin);
- Throat and cough lozenges;
- Saline nasal spray;
- Tissues; and
- Comfort foods such as tea, soups, and electrolyte drinks (Gatorade, Powerade, etc.).

The **Health Center** staff is available, by appointment, to evaluate and offer further guidance for any student feeling ill. Students can call (413) 748-3175 for an appointment. Onsite flu, COVID, and strep testing also is available.



Thanksgiving Break Hours of Operation

Thanksgiving week is relatively quiet on campus as our faculty and staff take some time to spend with their families. As such, hours of operation may be changing for some facilities on campus.

Check out the Thanksgiving Week schedule.



Academic Success Center

Welcome!

The Academic Success Center provides a wide range of resources to students at Springfield College. We employ many student employees and professional staff members in order to offer a collection of services and programs designed to help Springfield College students be academically successful.

The Academic Success Center offers readily and easily accessible services including support in writing, mathematics, science, subject area tutoring, learning strategies and time management counseling, and assistance for students with documented disabilities.

All of the services provided by the Academic Success Center are free and available to all Springfield College students.

TUTORIAL SERVICES
Offering peer tutoring in math, science, writing, content courses, and more.
[EXPLORE OUR SERVICES >](#)

DISABILITY AND ACCESSIBILITY SERVICES
Offering academic accommodations and support services to students with disabilities.
[EXPLORE OUR SERVICES >](#)

ACADEMIC COACHING
Offering individualized enhancement of time management and learning strategies.
[EXPLORE OUR SERVICES >](#)

Academic Success is Only a Click Away

As we inch closer to the end of the fall semester, your student may think it is too late to improve their grades or grasp a concept that has been just beyond their reach. The **Academic Success Center (ASC)** staff wants you and your student to know that there are resources available to help them. The ASC offers **Academic Coaching**, **Disability & Accessibility Services** and **Tutorial Services**. Your student can work with an academic coach on time management, learning strategies, stress management, and more. They can work with a peer tutor for help with writing, reading, math, science, and course content. If your student has a disability and learns differently, they can work with a **Disability & Accessibility Services** case manager for academic accommodations, assistive technology, and more. To get help for all of these as well as other services like **MTEL Assistance** and the wealth of resources in the Academic Resource Connection, visit the **ASC student request web page**.

Upcoming Events, Activities, and Athletic Competitions

There's always something happening on campus. If your student is looking for fun events and activities to attend or participate in or watch, encourage them to visit the **athletic calendar** and the **programming calendar** for ideas.



Career Planning is a Four-Year Process

The **Career Center** staff supports students with the necessary resources to assist in the career development process. Before students return to campus in January, we encourage families to have informed conversations with their students to engage in dialogue that supports student's career readiness.

Families of first-year students

- Support your student's exploration of academic majors.
- Discuss skills and interests.
- Encourage your student to get involved in campus organizations.
- Have your student create a college-level resume.

Families of sophomore students

- Help your student connect with family/friends who work in a matching career industry to learn more about the field.
- Resumes should be critiqued by the Career Center staff in preparation for upcoming endeavors.
- Recommend that your student gets involved in additional leadership and volunteer opportunities.

Families of junior students

- Join major-related professional associations.
- Discuss internships (historically occurs in junior and/or senior year).
- If graduate school is of interest, encourage them to work with a career counselor.

Families of graduating seniors

- Ask when your student last frequented the Career Center. We assist with all career-readiness materials.
- Begin applying for jobs and networking with employers.
- Thinking of holiday gift ideas for your student? Consider purchasing professional interviewing attire.

We look forward to working with your students. They can schedule an appointment by calling (413) 748-3222 or by emailing career@springfield.edu.

The Dish from Harvest Table

In preparation for winter break and the fast-approaching spring semester, we wanted to give a friendly reminder on what rolls over from your student's

meal plan when it comes to meals and dining dollars.

The meal plan your students are enrolled in during the fall semester will carry over to the spring semester. However, meals will not roll over from semester to semester.

Dining Dollars, which can be used at any of our on-campus dining locations, will roll over from the fall to spring semester, provided your student is still on a meal plan in the spring semester. At the end of the academic year, any unused Dining Dollars are non-transferable and non-refundable.

If you have any questions regarding meal plans or dining dollars, please call our dining services team with Harvest Table Culinary Group at (413) 748-3205.



Winter Break Housing Information

All residence halls will close for winter break at 5 p.m. on Thursday, December 23 and re-open at noon on Tuesday, Jan. 18, 2022. We are sure many of our students are looking forward to a well-deserved break after finals.

If a student needs to stay on campus during any part of winter 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. Since the residence halls are not accessible to students during the break, we encourage everyone to make sure they bring all necessary items (passports, medications, laptops, etc.) with them when they leave for break. Card access will be granted only to students who have submitted the break form on time. **The break form is due no later than 4 p.m. on Monday, Dec. 13.**

Please note that dining services will not be available. There are no guests or alcohol permitted during the break (regardless of age). There is a charge of \$200 to stay over the break. Break housing fees are not prorated.

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



Counseling Corner

Your student may be both excited and anxious to return home for Thanksgiving break. It's likely your student has changed while away from home this semester and your family dynamic may have changed as well.

When your student first returns home, they will likely be tired, maybe even exhausted, and may need more time than usual to catch up on sleep. Also know that students are often eager to reconnect with their high school and hometown friends, even more than with their families. It's important to understand that your student has been operating largely independently—sleeping, eating, coming and going as they want. For many students, re-entering the family dynamic may feel restrictive.

Know that your student may not be ready to discuss all aspects of school. Some students share they just want to be home, taking a break, and not thinking about school, especially over the brief Thanksgiving break period. Understand that your student may struggle with feeling like they don't belong fully at school and don't belong fully at home. Your student may want to be embraced by their old family life, yet may also long for the independence of school. This break is part of the process of your student negotiating who they are and who they want to be. While there may be some bumps in the proverbial road, be patient, be kind and assume good intent—your student will find their way and your family will be better for it!

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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