Move in day is August 16th. It’s one of the most exciting days of the year for the Hornet Family - and it’s just around the corner!

You will be amazed at all of the Hornet Helpers waiting for your son or daughter to arrive at their residence hall. Once moved in, everyone is invited to attend the President’s General Assembly at 2:00 p.m. in Webb Hall. This will be immediately followed by a reception. The reception will be a great time to meet faculty and staff who will be involved with your student’s success. The reception will begin around 2:45 p.m. Plan to attend as your schedule allows. You do not have to attend both if it doesn’t work for you, but you and your student are our special guests.

As always, if you have questions, my office is here to help. Call 620-341-5269. We are looking forward to a great semester!
Tests – and NOT the kind you can study for

When students head to college, their values will be tested. And while they are unable to “study” for these tests, they will be prepared to deal with them because of the guidance you have provided.

Decisions about a variety of things, from alcohol to intimacy to how to spend their time, will come up on a daily basis. That’s why a discussion on values and boundaries should take place before your student leaves home, as well as other times throughout the semester. This will be an ongoing conversation!

Good decisions will be made when your student feels comfortable with their individual values.

Ask your student to consider their values on the following topics: studying, academic integrity, how to treat others, ways to spend time, family connections and expectations, financial matters, spirituality and attending religious services, health and wellness, intimacy, friendships, alcohol, and drugs.

They may not always share their values, but this will definitely cause them to think about them.

FACING CHALLENGES

Help your student face challenges:

- Listen without immediately imposing your own thoughts. Sometimes just talking things out helps a person arrive at a solution.
- Ask what has been done so far to address an issue.
- Encourage your student to take action on their own.
- Talk through scenarios to help your student feel more comfortable with the various outcomes.
- Ask open-ended questions that require answers beyond “yes” or “no.”
- Let your student know they have your love and support. That can go a very long way!!
Beyond the Comfort Zone - Discover New Things!

While it’s good to tap into your strengths and talents, it is also a smart and brave thing to challenge yourself and step outside your comfort zone. This can happen in small ways, especially at the beginning of a new academic year. Here are some examples:

Comfort: Spending time with people who are interested and involved in the same things as you.

Challenge: Spending time with someone new who has very different interests and involvements. Encourage your students to seek out an international student. This could be the first step in their signing up for a study abroad experience.

Comfort: Talking about sports.

Challenge: Talking about music, dance, or any of the other arts. Instead of going to a game, attend a play.

Comfort: Sitting back at meetings and taking things in.

Challenge: Forcing yourself to speak up and express an opinion. This could lead to your student taking a leadership role in one of the many clubs and organizations we have on our campus.

It’s the times when students feel uncomfortable and uncertain that they know they are growing and learning! Plus – now’s the time for students to stretch beyond their comfort zone in preparation for working in a diverse work zone once they graduate.

Challenge your student to go beyond their zone and take a step into the unknown.
Seasonal Student Issues:

As your family prepares for the changes to come, keep the feelings of your college student in mind. A few of the things they may be experiencing are:

- Leaving family and friends
- Worrying about collegiate academics and if they are prepared
- Figuring out what to pack and what to leave at home
- Wondering how they will get along with their roommates
- Dealing with feeling homesick and lonely
- Being anxious about campus policies and restrictions
- Budgeting and concerns about money matters
- Finding a sense of belonging

These concerns apply to all students, not just new freshmen!

Safety Tips:

Make it tough for someone to take you by surprise. Don’t wear ear buds or headphones when you are alone.

Call ESU Police and Safety (620-341-5337) and ask for an escort, or walk with friends after dark.

Do not give anyone your personal information.

Always lock your room or apartment door. And don’t open it without knowing who is on the other side.

If you lose your room key or car keys, report it immediately.

Don’t post notes on facebook or a memo board letting people know your whereabouts.

Don’t keep valuables in plain sight.

Install a safety lock or tracker on your laptop.

Don’t leave your book bag unattended.

Keep blinds pulled at night and when you’re out. No need tempting anyone with what they see in your room or apartment.

Keep a list of all serial numbers for big-ticket items such as TVs, bikes, laptops, etc.

Have your car keys in hand as you walk to your car.

Always keep your car locked, whether you are in it or not.

Always check the backseat before entering your car to be sure no one is hiding.

Don’t work alone in an isolated lab, practice room, or study lounge. Ask someone to come with you. At the very least, let someone know where you are headed and when you will return.

Don’t be alone with someone you just met.

Keep a level head. Alcohol or other drugs compromise your safety.

When you go out with friends, make sure everyone is accounted for before heading home.

Trust your gut – your instincts say a lot.