Seasonal Student Issues

There’s a seasonal ebb and flow when it comes to student issues. Here are a few things your student may be experiencing this month:

- The exploration and acknowledgement of personal values
- Long distance relationship strain
- Feelings of loneliness and homesickness
- A desire to feel connected to campus
- Roommate adjustments
- Experimentation with alcohol and other drugs
- Getting acclimated to a new type of academics
- Figuring out how to get organized and manage time effectively
- Searching for a sense of belonging

Key Dates
Mark your calendar for key dates important to your student and your family – including Family and Friends Weekend.

Time Management
Hints to help your student get organized by using good time management skills

Buzz Words
Dr. Jim Williams Vice President for Student Affairs, shares information.
Family and Friends Weekend

Planning and final preparations are taking place across campus for Family and Friends Weekend! Plan to come to Emporia September 27th and stay for the weekend!

Start your weekend Friday with the Hornet Rally at 5:30 in Kellogg Circle. You will be joined by members of the campus and community for a pep rally. There will be music, games, and more!

Saturday morning begins with “Buzz Around 150.” This is a morning of discovery and exploring a variety of fun learning activities. Pick up a passport and plan to participate in scavenger hunts, games, learning experiences, and even calf-roping!

ESU students, families and friends are invited to join fellow fans at E-Zone prior to the football game.

The game features our ESU Hornets vs. Northeastern State University. Kick-off is at 1:00 in Welch Stadium. Let's fill the stands!!

Plan to spend time the evening at one of our many Emporia restaurants, take in a movie, or just enjoy catching up with your college student. Make reservations now, if you haven’t already.

We always look forward to having friends and families on campus. You are welcome any time!!

See you September 27-28!

Comfort Zone Stretcher

This is the time for students to make changes, meet new people, and try new things. Some “stretches” to suggest:

Try a new food
Listen to a friend’s type of music
Attend a meeting for a new club or organization
Join a community service initiative
Walk a new route to class
Ask a new friend to grab coffee or eat lunch together
Discover a new author and read one of their books

Key Dates

Family and Friends Weekend
September 27-28

ESU Homecoming Week
October 7-12

Fall Break
October 17-18

Thanksgiving Break
November 27-29

Finals Week
December 9-13

Winter Break
December 16-January 22
Time Management

Learning to work smartly and efficiently is a key to student success. Consider discussing these time management strategies with your student:

- **Beware that stuff steals time.** When you have too much stuff in your living space; you spend more time looking for things.
- **Decompress your mind.** A stressed, overactive mind is not as time efficient as a calm, collected one. Suggest breathing techniques, exercise and/or stress management tools as part of everyday living. Not only will their time usage be more efficient, their bodies will be healthier!
- **Don’t over-schedule.** There comes a time when you shouldn’t even try to fit anything else into your schedule. Learning to say “no” is important. It’s much better to be realistic on what you can do and what you don’t have time for.
- **Make productive use of the in-between times.** The 45-minute chunk of time between a class and a meeting can be used wisely instead of wasted. It’s a good time to study for a quiz, run a quick errand, or read a few pages for class.
- **Avoid weekend reliance.** Don’t put everything off until the weekend. Weekends should be a time for relaxation, not just getting caught up from what wasn’t done during the week. If you have time to relax, you will be ready to go Monday morning. This also applies to putting large projects off until fall break of spring break.
- **Be aware of your time stealers.** Random texting, chatting endlessly due to unlimited cell phone minutes, spending hours on video games or Facebook will use more time than a person realizes. While social media is important to everyone, it is a distraction that can cause an awful lot of problems when it is used too much.
BUZZ WORDS from Dr. Jim

The new year promises to be a good one! There is a feeling of enthusiasm across campus, and the phrase “It’s a great day to be a Hornet!” can be heard throughout Emporia.

There is nothing more energizing than working with excited students and we thank you for sharing yours. Your student is part of a momentum that is evident in our enrollment growth, the number of new organizations on campus, and any number of well-attended campus events. If your student hasn’t found a niche, have them contact our office or stop by the Center for Student Involvement. Both are located in the Memorial Union.

We look forward to seeing you at Family and Friends Weekend September 27-28. It promises to be a fun-filled couple of days. Remember to let your student participate in the planning. They will definitely have things they want to show you!

As always, please give my office a call at 620-341-5269, if there is anything we can do.

Truly – It’s a great day to be a Hornet!

Fire Safety Facts:

Fire safety both on and off campus requires vigilance and common sense. Here are some recommendations to help keep students fire safe:

- Respond to every fire alarm quickly. You should always assume it is the real thing!
- Know where the fire exits are.
- Don’t tamper with fire alarms, fire extinguishers, or sprinkler systems.
- Don’t leave doors propped open.
- Develop a plan with your roommates including establishing a meeting place away from the residence. This is a good way to account for friends, as well as provide information to the fire fighters in case you aren’t able to locate someone.
- Follow the “no candles rule” as they are easily forgotten and left unattended.
- Keep a close eye on any cooking and always stay in the kitchen.
- Don’t allow your laptop to become overheated as it can start a fire.
- If you are going to smoke, go outside. And NEVER smoke in bed.
- Be alert. Alcohol impairment greatly increases your chances of dying in a fire.
- Know how to use a fire extinguisher. Use the PASS system: PULL the pin, AIM low at the base of the fire, SQUEEZE the lever, and SWEEP side to side slowly.