

# BLUE IS FAMILY

Sycamore Family Newsletter

- January 2020 -



## Greetings Sycamore Families!

On behalf of Family Programs and the Office of New Student Transition Programs, Happy New Year! We hope that you enjoyed your time with your student over the holidays. The Spring Semester is here and we are so excited to welcome students back to campus! Make sure to check out our First Day of Class Photos with Sycamore Sam on Facebook and Instagram.

The beginning of a new semester can provide an opportunity for a clean slate for many students. They'll have new classes, new professors, new friends, and new opportunities to get connected. Your student may need to break some habits, sharpen some skills, or get out of a rut. Talk to your student about taking what was learned in the previous semester and putting those lessons into practice.

I hope that 2020 brings exciting new adventures for both you and your student! Thank you for partnering with us in helping your student find success, both in and out of the classroom.

With Sycamore Pride,

**Debbie Rea Barber**

Assistant Director, New Student Transition Programs/Family Programs  
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## Connect with us on Social Media!



## Dates to Know

### JANUARY

- January 14- Spring Semester begins
- January 16 - ISU Performing Arts Series: Hyprov
- January 17 - Spring Involvement Fair
- January 20 - Martin Luther King Jr. Day; University Closed
- January 21 - Last day to add/drop 16 week classes

### FEBRUARY

- February 3 - Speaker Series: Bakari Sellers
- February 3-7 - Three Week Attendance Reporting
- February 6 - ISU Performing Arts Series: Hipler
- February 20-25 - Interim Grading
- February 22 - Polar Plunge
- February 24 - Speaker Series: Rocky Bleier

[VIEW FULL CALENDAR](#)

## Timely Issues

January

### Academics

#### New Classes

Talk with your student about what they struggled with last semester and have them seek help for skills, not topics. For example, if they struggled in a class that required extensive writing, encourage them to visit the Writing Center for assistance. The [Writing Center](#) can help with every step of the writing process, including brainstorming a topic, researching, and outlining the paper.

#### Tutoring

If your student feels lost in a class, encourage them to seek tutoring, which is located on the ground (1st) floor of Normal Hall. [Tutoring](#) is free to students and they should sign up at the beginning of the semester, instead of after they have fallen behind.

#### Scheduled Study Time

Your student should make studying a part of their everyday schedule! One of the most efficient ways to do this is for them to schedule 20-30 minutes between classes (where possible) to review notes and then a later time to compare the notes with the course text to check understanding. Your student can also schedule an appointment with their Academic Advisor to help develop a study strategy.

#### Mentoring

If your student struggles with holding themselves accountable to assignment and classroom deadlines, suggest to them to sign up for a mentor. ISU has a free mentoring program located on the second floor of the Cunningham Memorial Library. They can also sign up for a mentor online at: [indstate.edu/mentoring-center](http://indstate.edu/mentoring-center).

### Personal/Social

#### Homesickness

Homesickness - even during the spring semester - typically starts to kick in after about a week on campus. Remind your student about getting out of their room and reconnecting with others on campus. They may have a roommate or other friends who didn't return this semester and that can make it challenging at times. Encourage them to attend programming and talk with their RA about meeting new people on their floor.

#### Roommates

Does your student have a new roommate this semester? They may need to revisit what it's like to share a space and live with someone new. Talk with them about completing a roommate agreement to set the rules and guidelines for the room.

#### Seasonal Affective Disorder

The midwest can be a gloom during the winter. Some students struggle with seasonal depression during this time. Encourage them to visit the [Student Counseling Center](#) on the second floor of Gillum Hall. They can set up a one-time appointment to get tips on how to cope, or they can schedule regular counseling appointments. The standard fee for services is \$60 per academic year, for as many appointments as needed.

## Student Leadership Opportunities



Is your student interested in being an Orientation Leader or Transition Mentor? The Office of New Student Transition Programs is looking for passionate undergraduate student leaders to help facilitate transitional programming. Your student can find more information about these positions on the [New Student Transition Programs](#) website.

## Noteworthy at ISU

- [Miss Indiana Tierra Taylor salutes Indiana State University on Miss America telecast](#)
- [Indiana State University graduates 782 students](#)
- [Lincoln Quad demolition approved by Indiana State University Board of Trustees](#)
- [Scholarship established for Latino/Hispanic students](#)
- [Scholarship established for Chicago students](#)

## Monthly Facebook Poll

January Results

During the fall semester, on what topics regarding your student did you personally contact ISU?

- Finances 31.3%
- I did not contact ISU 37.5%
- Housing and/or Meal Plans 14.6%
- Academics 8.3%
- Other 4.2%
- Mental Health or Wellness 4.2%
- Roommates 6.3%



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