Dear Parents and Family Members:

Welcome to the fall 2014 semester and to the Montclair State University Parent and Family Newsletter.

We are pleased to provide valuable information to you. This issue will address FERPA (The Family Educational Rights and Privacy Act), MAP (the Montclair State University Medical Amnesty Policy), the University Code of Conduct, link to our fall 2014 semester athletic team schedules, and other campus activities and highlights.

Each newsletter will focus on relevant and important information and/or dates that we encourage you to discuss with your student to ensure their success at Montclair State University. If you have any questions regarding any information found in this newsletter, you may email us at askdeanofstudents@mail.montclair.edu.

We look forward to your student having a successful fall 2014 semester.

Sincerely,

The Office of the Dean of Students:

Rose Mary E. Howell, Ed.D.
Dean of Students

Margaree Coleman-Carter, MA
Associate Dean for Student Life

Shannon Gary, Ed.D.
Associate Dean of Students
University Code of Conduct

The mission of Student Conduct is to ensure an environment at Montclair State University committed to providing best educational and social experience for our students and other members of the campus community. The office’s primary goal is to be developmental when working with students. All members of the community are responsible for familiarizing themselves with the Code of Conduct.

You may recall attending a presentation about community expectations while at the University for New Student or Transfer Student Orientation. Below is a link to the Code of Conduct and presentation. This will allow you to reacquaint yourself with the material covered during the summer prior to the start of the academic year.

Code of Conduct:
http://www.montclair.edu/dean-of-students/student-conduct/code-conduct/

Contact Information:
Student Conduct
Student Center, Suite 400
973-655-4118
http://www.montclair.edu/dean-of-students/student-conduct/
Director: Jerry Collins

MSU Athletics Holds 9th Annual Reservoir Run to Benefit NJ Metro Chapter of MS Society

The Montclair State Department of Intercollegiate Athletics held its 9th Annual Reservoir Charity Training Run on Thursday, September 4 producing outstanding results and more importantly generating funds which were donated to the New Jersey Metro Chapter of the MS Society in memory of Lilli Sessoms, wife of MSU Equipment Manager Troy Sessoms who passed away in May.

Over 200 MSU student-athletes, staff, coaches and members of the campus community took part in the three-mile event around the Cedar Grove Reservoir which also included a walking race.

Track and Field freshman Trayvonne Jones was the top overall finisher in the race posting a time of 18:25. Jones’ teammate Chris Thompson was second followed by men’s lacrosse All-American Michael Schreck with times of 18:30 and 18:34 respectively. Schreck was the top overall finisher in 2011 and 2012. Women’s lacrosse junior Serena Hitchins made it three consecutive wins on the women's side as she recorded a time of 19:00. Field Hockey's Gianna Moglino was second at 20:40 with All-American women's basketball player Melissa Tobie placing third at 21:34.

Past recipients of donations include the TALON Holiday Toy Drive, the family of MSU Police Sgt. Chris Vidro, The Walter Reed Army Hospital Chaplains’ Fund, Second Chance Boxer Rescue in the name of Renea Trejo, the EOF Book Fund and the John Greco Scholarship Fund, Montclair Ambulance Unit and the Montclair State EMS, and the Essex County Special Olympics.

Dealing with Homesickness: Tips for Parents/Guardians

Adjusting to new surroundings at Montclair State University can take a fair amount of time and patience. By nature, students may resist change and want to hold on to the known comforts of home, family, and friends. For most MSU students, feelings of homesickness quickly wane as they become involved in new activities and friendships. However, for those that have had difficulty making new friends or adjusting to transitions in the past, the road may be more difficult. This can be particularly true if there are close involvements at home that present as barriers to the development of new relationships, or if there have been recent stresses or significant changes in the home environment. Below are some tips for you, as a parent or guardian, when dealing with homesickness.

1. Keep in regular contact with your student.
Listen to your student's concerns, and take them seriously. Although separation anxiety does pass, the first few weeks can be intense, and your son or daughter may need a lot of support and reassurance. Students should understand that they need not cut themselves off from family and friends to be independent or grown up. In today's age of cellphones and email, staying in touch with others is simple. However, as with most things in life, moderation is the key. In order to overcome homesickness, encourage your child to stay in touch, but not to the exclusion of college activities. For example, let your student know that they are always welcome at home, but encourage them not to come home every weekend. Help them to focus their attention and energy here at MSU.

2. Send pictures or video recordings of events that are happening at home.
A care package, not simply at the usual times, also lets your student know that though they are out of sight, they are certainly not out of mind.

3. Encourage your student to get involved.
Becoming involved in college life is often key to overcoming homesickness, and social groups and events are a core part of the college experience. Your student can simply glance at In the Loop, a weekly list of campus activities distributed electronically by our Center for Student Involvement (CSI), to find out what's going on. There are a multitude of student clubs and groups available to them through CSI.

4. Encourage social interaction.
College presents many opportunities for involvement, some more healthy than others. If your student chooses to attend parties where alcohol may be served, do what you can to discuss moderation or abstinence with them. Trying to mask sadness or homesickness with substance use will only add to a student's adjustment problems. You can contact our Health Promotion office for information about having this conversation.

5. Encourage your student to share their feelings with others.
Friends, Community Assistants, and others have experienced similar feelings, and it's always comforting to know you are not alone. You can also share how you have dealt with similar transitions in your past. Moreover, just sharing feelings often eases the underlying pressure that is felt. If it is late, and nobody is around, writing thoughts and feelings down on paper (in a journal or diary), can aid expression of worries and fears, often making them seem more manageable.

6. Have your student develop a 'comfort zone' in their new environment.
Bringing items from home that are familiar and important to them-like pictures or a favorite object may help in creating this zone. Contact with a comfortable 'old friend,' who may be having similar adjustment problems at another college, can also help ease the transition.

7. Encourage your student to do something they enjoy at least once a day.
Engaging in a favorite hobby, sport, or pastime adds happiness to one's day, and will aid in taking your student's mind off of thinking about home. Volunteering time in an area of interest can also assist with engagement in the new environment.

Do your best to highlight the positives of being away at school, but avoid the "these are the best years of your life" speech. This will fall on deaf ears for a homesick student.

Focus positively, but adjustment to a new life, which this is in many respects, takes time.
Outdoor Adventure

Outdoor Adventure is Campus Recreation’s answer to “What else can we do on the weekends?” Outdoor Adventure runs trips all semester long to get students active and off-campus. Saturday morning trips allow commuter and residential students alike the opportunity to participate in great outdoor activities. All trips are accessible to students for $10-$15, and include such exciting programs as whitewater rafting, trail biking, overnight camping, rock climbing and horseback riding, among others. All equipment is provided and all trips are chaperoned by experienced, knowledgeable staff.

In addition to the trips, Outdoor Adventure also provides a wide variety of recreation gear through our Equipment Lending program. Students can rent packages such as the BBQ, Beach or Camping packages, which include everything you need to get outside and have fun. Gear is also available a la carte, and includes hammocks, lawn games, trail maps and more. Best of all, all gear rentals are free! Check out the full lineup of rental gear and Outdoor trips at:

http://www.montclair.edu/campus-recreation/outdoor/

Medical Amnesty Program (MAP)

Launched in 2013, the Hawk on Wheels bike rental program is an exciting service provided by the Student Recreation Center (SRC). Bikes are a great way to get around campus and into the surrounding communities; they provide a healthy, fun alternative to public transportation and they alleviate the headaches of traffic and parking on a busy commuter campus. Best of all, the rental service is affordable and accessible to all students. Bikes can be rented for up to one month, and at just $5 per week, $15 for four, it is an unbeatable deal. All bike rentals are complete with locks, lights and helmet for safe, reliable transportation. For more information or to rent a bike, students should head to:

http://www.montclair.edu/campus-recreation/fitness/bike-rental/

For detailed information about MAP visit: http://www.montclair.edu/dean-of-students/student-conduct/medical-amnesty/
FERPA for Families: A quick-reference guide for parents and families to help understand FERPA

The Family Educational Rights and Privacy Act (FERPA) also known as the Buckley amendment, passed by Congress in 1974, grants four specific rights to students:

- The right to inspect and review their educational records.
- The right to request the amendment of inaccurate or otherwise inappropriate records.
- The right to consent to disclosure of his or her public records.
- The right to file a complaint concerning alleged failure by Montclair State University to comply with the requirements of FERPA with the Family Compliance Office in the United States' Department of Education.

Full details about FERPA are available at this site: http://www.montclair.edu/student-development-campus-life/ferpa-families/

Cheer on the Red Hawks!

Come to campus and cheer the Red Hawks! You are invited to attend sporting games and events here on Montclair State. Visit our fall 2014 Athletic Schedule!

The Montclair State Athletic Department offers 17 sports for men and women, and most compete in the highly regarded New Jersey Athletic Conference. Montclair State is a member of the largest athletic conference in the country - the Eastern College Athletic Conference, and all sports are designated in the NCAA as Division III.

Can't make it to a game? Visit the Athletics website to track live stats or listen to Montclair State events on live streaming audio. The site also features schedules, news, athlete bios, and more.

Questions? Askdeanofstudents@mail.montclair.edu