

**Missouri State**  
U N I V E R S I T Y



FAMILY PROGRAMS

**2023-24 CALENDAR**

[MissouriState.edu/BearsFamilies](https://MissouriState.edu/BearsFamilies)

**MAKE YOUR  
MISSOURI  
STATEMENT.**





# WELCOME TO THE FAMILY!

I'm thrilled you'll join the Missouri State campus community in supporting your student in their transition to university life.

It wasn't too long ago that I sent my daughters to college. I didn't know what to expect. I was excited for the next chapter in their lives, but I was also nervous of the changes that would take place at home and with my student. Would my student be safe at college? Would my student still "need" me? What was my role as the family member of a college student?

At Missouri State, we place great value on student success — in and out of the classroom. We know that family members, like you, play a vital role in supporting your student through their university experience.

With the outstanding academic, professional and co-curricular opportunities provided on our campus, your student will be able

to explore new interests, solidify existing passions and discover their role in making communities better places to live and work.

Please encourage your student to take advantage of the opportunities at Missouri State. By becoming an informed partner, equipped with knowledge of campus resources, events and policies, you'll be well prepared to coach your student toward success.

That's exactly why we have designed resources especially for you. I invite you to use, read and/or visit:

- This calendar.
- The Bear Family Guide.
- Our blog and other social media platforms, found through the family programs website:

 [MissouriState.edu/BearsFamilies](https://MissouriState.edu/BearsFamilies)

Discuss these resources with your student, because communicating is integral in promoting your Bear's growth. Our partnership can help ensure success. We're excited your student has chosen to attend Missouri State, and I wish you both the best during the transition to university life.

Please don't hesitate to contact me at any time. I am very happy to help.

**GO BEARS!**



**Priscilla Childress**  
Director, New Student Orientation, Family Programs and Student Affairs Special Events





## MAKE PLANS TO VISIT YOUR STUDENT!

Missouri State hosts special events to welcome family members to campus throughout the academic year, like our Family Weekend and Spring Family Day at Hammons Field. However, we encourage families to visit us whenever it's convenient for you and your student. Quick note: We don't recommend surprising your student with a visit. Our students are very busy and if they are surprised, they might already have commitments and not be able to spend time with you.

We have a Visitors Guide online that can help you plan your trip. It has details on accommodations near campus, directions, parking information, Springfield attractions, dining options and much more!



**MissouriState.edu/Visitors**





## **MISSOURI STATE UNIVERSITY ALMA MATER**

**Sing we praises  
Now to our Alma Mater.  
All Hail Maroon and White!  
Missouri State,  
We pledge devotion.  
May you live ever in truth and right.  
May you live ever in truth and right.**





## MISSOURI STATE FIGHT SONG: "THE SCOTSMAN"

**Uphold tradition,  
Our school we hold so dear.  
We will be loyal  
Throughout our college years.  
Fight for victory  
While we stand up and cheer.  
Let's hear it for the Bears!  
B-E-A-R-S, BEARS!  
M-I-S-S-O-U-R-I STATE!**

## About Missouri State University

Missouri State University is a public university system with an enrollment of more than 24,000 students who come from around the state and the world. The main campus is in Springfield, Missouri. There are three other physical campuses, two in Missouri — West Plains and Mountain Grove — and one in Dalian, China.

At Missouri State, we are committed to cultivating well-rounded citizens who are prepared to lead full, successful lives. We are a diverse and inclusive community of expert faculty and staff members who are forward-thinking teachers, learners and leaders. We share and celebrate the public affairs mission of Missouri State and foster a culture that celebrates open dialogue.

We push students to go further by providing an unrivaled academic curriculum, meaningful student-teacher relationships and high-impact learning experiences. When students leave, they will transition into life as ready, able professionals who have the confidence and motivation to think beyond themselves and address societal issues. We're here to help our students make their **Missouri STATEments**.

 **FOLLOW MSU PRESIDENT CLIF SMART ON TWITTER @CLIFSMART**





## Expectations and transitions

### WHAT CAN YOUR STUDENT EXPECT?

- To be challenged academically and personally.
- To be a part of a diverse community with many different perspectives, ethnicities, cultures and experiences.
- To be assured many helpful resources are available.

### FAMILIES CAN:

- Listen when your student is talking.
- Empower your student to solve their own problems.
- Familiarize yourself with campus resources that can be helpful to your student.
- Know that your student may change their mind and major — which is okay!



## Preparing for your arrival

Attending SOAR has helped you and your student prepare for arrival on campus this fall. There are a few additional actions your family can take to support a smooth transition.

- Teach your student practical skills such as doing laundry, managing a budget and more. Building these skills will help your student feel more independent and confident. Discuss expectations regarding academics, social activities, finances, employment and other important topics.
- Know what to bring (and not bring) to move in. Consult this list:  
**[ResLife.MissouriState.edu/WhatToBring](https://ResLife.MissouriState.edu/WhatToBring)**
- For commuters, remind your student that college is NOT an extension of high school. Encourage your student to stay on campus between classes, attend events and get involved in organizations.

“College is such a fun and exciting time in students’ lives. They are leaving the nest for the first time and starting their own adventure. While this is your students’ own endeavor, it is so important to support them throughout their time in college. This can be as simple as sending them a text letting them know you are proud of them or making them their favorite meal when they are home.”

– **Chase Kroner**, *sophomore*



# JULY 2023

| SUNDAY | MONDAY | TUESDAY   | WEDNESDAY  | THURSDAY | FRIDAY                        | SATURDAY |
|--------|--------|---|--|----------|-------------------------------|----------|
|        |        |   |  |          |                               | 1        |
| 2      | 3      | 4<br><b>INDEPENDENCE DAY</b><br>No Classes/<br>Offices Closed | 5  | 6        | 7                             | 8        |
| 9      | 10     | 11  | 12   | 13       | 14                            | 15       |
| 16     | 17     | 18  | 19   | 20       | 21                            | 22       |
| 23     | 24     | 25  | 26   | 27       | 28<br><b>SUMMER VISIT DAY</b> | 29       |
| 30     | 31     |   | <p>Missouri State has technology support for on-campus residents called ResNet. ResNet is open from 8 a.m.-5 p.m., Monday through Friday. And best yet, it's FREE for on-campus residents! More info and tutorials:</p> <p> <a href="https://ResNet.MissouriState.edu">ResNet.MissouriState.edu</a></p> |          |                               |          |





# Welcome to Missouri State

August is a very important month! Students start settling into new classes, making new friends and finding resources to succeed. Involvement on campus is a tremendously important factor in your students' success. Students who are connected with campus life, both residential and commuter students, tend to do better academically, learn to manage their time and have an easier adjustment.

## GETTING ACCLIMATED AS A BEAR

Surveys of college students indicate stress can hurt academic performance. With the transition from high school, your student may begin to experience some academic pressure. Remind them of resources on campus, such as the Bear CLAW, Writing Center, peer leaders, professors and advisors. If your student shows signs of serious physical, emotional or mental stress, encourage them to seek help through the dean of students office or the Counseling Center:

- MissouriState.edu/DOS
- CounselingCenter.MissouriState.edu

## BECOME AN ACADEMIC COACH

- Missouri State programs are more academically rigorous than high school. Help your student understand the personal and professional benefits of the knowledge and skills they are gaining.
- Time management is a crucial skill for students to develop early. A planner,

available at the Missouri State Bookstore, is a handy place to log assignments and commitments.

- Periodically ask your student if they are going to class, keeping up with assignments and seeking help when needed.
- If your student indicates they need help, suggest they visit the Bear CLAW (Center for Learning and Writing) or their advisor.

## EMBRACE YOUR ROLE AS A SUPPORT SYSTEM

- If your student lives in the residence halls, consider mailing care packages.
- If your student is a commuter student, consider leaving encouraging notes and treats in their car or backpack.
- When your student passes a big test, receives an award or joins a special organization, let them know how proud you are!

TRADITION OF THE MONTH



Attend the Belong-B-Que

The Belong-B-Que is an all-inclusive event that takes place every fall during Welcome Weekend.



# AUGUST 2023

| SUNDAY                               | MONDAY                          | TUESDAY   | WEDNESDAY | THURSDAY | FRIDAY   | SATURDAY                          |
|--------------------------------------|---------------------------------|---|-----------|----------|--|-----------------------------------|
|                                      |                                 | 1   | 2         | 3        | 4  | 5                                 |
| 6                                    | 7                               | 8   | 9         | 10       | 11   | 12                                |
| 13                                   | 14<br>THE URSA<br>EXPERIENCE    | 15  | 16        | 17       | 18<br>PRESIDENT'S<br>RECEPTION FOR<br>FAMILIES<br><br>WELCOME<br>WEEKEND | 19<br>SEE YA LATER<br>BRUNCH      |
| 20<br><br>NEW STUDENT<br>CONVOCATION | 21<br><br>FALL CLASSES<br>BEGIN | 22  | 23        | 24       | 25   | 26<br><br>WOMEN'S<br>EQUALITY DAY |
| 27                                   | 28                              | 29  | 30        | 31       |  |                                   |
|                                      |                                 | <p><b>"Getting involved on campus has not only helped me grow as a leader, but has taught me life skills I will continue to use after graduation. It has allowed me to make so many personal connections and memories that have truly made my time at Missouri State so rewarding!"</b></p> <p><i>Jace Rather, junior</i></p> |           |          |  |                                   |





## This month, attend the Public Affairs Conference

During this free event, you will be able to hear from some of the nation's most compelling speakers. Previous examples include former first daughter Jenna Bush Hager, now a media personality; retired U.S. Gen. Colin L. Powell; and actor John Goodman, an MSU alumnus. There are a variety of sessions planned. Attend one with your student.

 [PublicAffairs.MissouriState.edu/Conference](https://PublicAffairs.MissouriState.edu/Conference)

### OUR MISSION: PUBLIC AFFAIRS

The moment your student chose Missouri State, they became part of something much bigger than campus. Missouri State has a mission in public affairs. Your student's education will be different because of this mission. They will find an emphasis on understanding the world and

making it a better place. They will engage with the community. Your student will be ready to work and live with people from all different backgrounds.

### THE THREE PILLARS OF THE MISSION

Our public affairs mission includes academic programs, experiences outside the classroom and events throughout the year. The mission is driven by three themes:

- **Ethical leadership** is striving for excellence and integrity. Students develop ethical and moral reasoning while contributing to the common good.
- **Cultural competence** begins with cultural self-awareness and expands to knowledge of, respect for and skills to interact with people of other cultures.
- **Community engagement** is recognizing needs in our communities, then contributing your knowledge and work to meet those needs.

### IN SEPTEMBER, FAMILIES CAN:

- **Expect to hear about your student's trials and tribulations** more frequently than you'll hear about the triumphs. Be an open ear with a positive attitude, and your student will likely come away with a more positive outlook.
- **Encourage your student to get to know their professors and ask for help if needed.** Remind them about office hours and suggest they take advantage of these times to have one-on-one conversations.
- **Address signs of stress early.** Forgetfulness, moodiness and fatigue can all be early signs of stress. Bears need to make stress management a part of their everyday college life. Encourage your student to visit the Counseling Center if they are experiencing stress. All full-time counseling staff are licensed professionals, experienced with college-aged students and have a passion for helping our Bears. Encourage your student to make time for themselves and their mental well-being.

 [CounselingCenter.MissouriState.edu](https://CounselingCenter.MissouriState.edu)

TRADITION OF THE MONTH



Attend the Public Affairs Conference

During this free event, renowned speakers and experts explore issues related to this year's theme: Navigating the Now. The 2023 dates are Sept. 26-28.



# SEPTEMBER 2023

| SUNDAY                  | MONDAY  | TUESDAY                         | WEDNESDAY | THURSDAY          | FRIDAY                                | SATURDAY |
|-------------------------|---|---------------------------------|-----------|-------------------|---------------------------------------|----------|
| Hispanic Heritage Month |   |                                 |           |                   | 1<br>DEADLINE TO REQUEST A FERPA HOLD | 2        |
| 3                       | 4<br>LABOR DAY<br>No Classes/<br>Offices Closed | 5                               | 6         | 7                 | 8                                     | 9        |
| 10                      | 11  | 12                              | 13        | 14<br>MAJORS FAIR | 15<br>ROSH HASHANAH                   | 16       |
| 17                      | 18  | 19                              | 20        | 21                | 22<br>FAMILY WEEKEND                  | 23       |
| 24<br>YOM KIPPUR        | 25  | 26<br>PUBLIC AFFAIRS CONFERENCE | 27        | 28                | 29                                    | 30       |
|                         |   |                                 |           |                   |                                       |          |





## Help your Bear during midterms

The warm winds of summer are fading as cooler breezes rustle brightly colored leaves. Missouri State University students start Homecoming events: painting windows, building floats for the annual parade and proudly displaying their BearWear. Near the end of the month, they don Halloween costumes as they look toward a much-deserved break in November.

But October also means midterms.

This celebration of knowledge is known by other names, of course. The least offensive four-letter word — test — is one of the many we prefer not to use. You can flunk a test.

We prefer to call them “Celebrations of Learning.” It’s a special time affording them the opportunity to prove what they know by answering a series of questions posed by their professors. After all, you can’t flunk a celebration.

Help us remove the stigma of midterm week and help your student celebrate their accomplishments.

### IN OCTOBER, FAMILIES CAN:

- **Send notes of encouragement:** You can do it! We believe in you! We’re proud of you!
- **Suggest your student study in advance.** We recommend about 30 minutes a day for at least five days prior to the examination.
- **Suggest your student take advantage of the Foster Recreation Center.** Wellness and working out can help stress.

TRADITION OF THE MONTH



Visit the Bear CLAW

Visit this space that offers tutoring, the Writing Center and many other services. This is a good time for a student to work on areas that need improvement.



# OCTOBER 2023

| SUNDAY               | MONDAY | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY               | SATURDAY |
|----------------------|--------|---|---|--|----------------------|----------|
| 1<br><br>FAFSA OPENS | 2      | 3   | 4   | 5  | 6                    | 7        |
| 8                    | 9      | 10  | 11  | 12<br><br>FALL<br>BREAK<br>No Classes/<br>Offices Open | 13                   | 14       |
| 15                   | 16     | 17  | 18  | 19   | 20<br><br>HOMECOMING | 21       |
| 22                   | 23     | 24  | 25  | 26   | 27                   | 28       |
| 29                   | 30     | 31<br><br>HALLOWEEN   | National Disability Employment<br>Awareness Month<br><br>LGBT History Month<br><br>Disability Awareness Month |  |                      |          |
|                      |        | “It’s helpful to support your college students during this (sometimes) stressful time. It’s a preview of their finals. Remember they might communicate less because there’s only so much time in the day. Send them a care package full of healthy snacks and a note that helps reframe this time of year.”<br><br>Michael Frizell, director of student learning services |   |  |                      |          |





## Bears get a holiday break

November is a big month for students. They are getting ready for final exams and big assignments, and preparing for Thanksgiving break. It's important to discuss expectations before break. Since starting college, your student has a new sense of independence. While it's appropriate for your student to respect house rules, it's also a good idea to renegotiate rules that respect your needs and those of your student's.

### SOME THINGS STUDENTS WOULD LIKE THEIR FAMILIES TO KNOW:

- "When I go home for the holidays, I wish my family would remember I've been living on my own for the last five months and still need to have my space at home."
- "When I'm on break from school, I wish my family would avoid making a lot of plans of places for me to go. When I come home from school, I'm tired of running from one thing to another. Most of the time I just want to relax."
- "I wish my family would remember that while I'm coming home to spend time with them, I haven't seen my closest friends for a long time. I want to spend time with my family, but at the same time, I want to be able to enjoy the rare time I get with others who are a part of my life."

### IN NOVEMBER, FAMILIES CAN:

- **Learn to compromise.** Converse and reason, even when it's hard. Try to stop making demands.
- **Stop seeing this as lingering days of childhood,** but rather, the first moments of adulthood.
- **Adopt a wait-and-see attitude** until the next break if your student is struggling to connect in or outside of the classroom, but there is not a mental health concern.
- **Work together** to build a calendar for the rest of the academic year.
- **Be conscious that students recognize they go through a lifestyle change.** However, any changes you exhibit or any change to the environments they left in the summer might be met with resistance.

### TRADITION OF THE MONTH



### Eat at the Union Club

The Union Club is the best kept food-related secret on campus. Located on the fourth floor of Plaster Student Union, it offers a salad bar, soup and entrée that changes every day. A favorite spot of faculty and staff, it's a great space to connect with professors or Missouri State staff.



# NOVEMBER 2023

| SUNDAY  | MONDAY  | TUESDAY | WEDNESDAY  | THURSDAY                   | FRIDAY | SATURDAY                                    |
|---|---|---------|--|----------------------------|--------|---|
| Native American Heritage Month<br><br>Panamanian Independence Month |   |         | 1<br><br>APPLICATION OPENS FOR MANY MSU SCHOLARSHIPS<br>Apply to qualify for more aid! | 2                          | 3      | 4   |
| 5<br><br>DAYLIGHT SAVINGS ENDS                                      | 6   | 7       | 8  | 9                          | 10     | 11<br><br>FALL SHOWCASE<br><br>VETERANS DAY |
| 12<br><br>DIWALI  | 13  | 14      | 15   | 16                         | 17     | 18  |
| 19  | 20<br><br>THANKSGIVING HOLIDAY<br>No Classes/<br>Offices Open | 21      | 22<br><br>THANKSGIVING HOLIDAY<br>No Classes/<br>Offices Closed                        | 23<br><br>THANKSGIVING DAY | 24     | 25  |
| 26  | 27  | 28      | 29   | 30                         |        |   |
|   |   |         |  |                            |        |   |





## Majors may be on your Bear's mind

Now that your student has completed fall semester, they may consider changing majors. Choosing a major can be stressful, but it is also a great opportunity! This is the time to explore many interests. They may benefit from an internship or other employment opportunities. Encourage them to contact their academic advisor and the Career Center.

 [MissouriState.edu/  
DeclareOrChangeMajor](https://MissouriState.edu/DeclareOrChangeMajor)

As the semester is winding down, also encourage your Bear to practice self-care! They can get a free flu shot at Magers Health and Wellness.

 [Health.MissouriState.edu](https://Health.MissouriState.edu)

### IN DECEMBER, FAMILIES CAN:

- **Offer support during the last weeks of the semester.** Send a card, give a pep talk, text a cute video that will make your student smile. Remember these last weeks are busy, so your student's time will be at a premium.
- **Keep in mind Missouri State is challenging your student academically.** Your student might have some unexpected grades at the end of the semester. Try not to overreact if you think their work doesn't meet your expectations. Have conversations about the upcoming semester and help your student reflect on the past semester.

### TRADITION OF THE MONTH



### Attend the President's Finals Breakfast

President Clif Smart hosts this breakfast on Monday evening of finals week. It's the perfect opportunity to get some much-needed food and fun while studying. The event features everyone's favorite breakfast food, as well as games, prizes and activities.



# DECEMBER 2023

| SUNDAY                   | MONDAY                                    | TUESDAY                  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY             |
|--------------------------|---|--------------------------|--|---|---|----------------------|
|                          |   |                          |  |   | 1   | 2                    |
| 3                        | 4   | 5                        | 6  | 7<br>HANUKKAH BEGINS<br><br>FALL CLASSES END            | 8<br><br>STUDY DAY<br>No Classes/<br>Offices Open | 9<br><br>FINAL EXAMS |
| 10                       | 11<br><br>PRESIDENT'S<br>FINALS BREAKFAST | 12                       | 13   | 14  | 15<br><br>FALL<br>COMMENCEMENT                    | 16                   |
| 17                       | 18  | 19                       | 20   | 21<br><br>WINTER BREAK<br>No Classes/<br>Offices Closed | 22  | 23                   |
| 24                       | 25<br><br>CHRISTMAS DAY                   | 26<br><br>KWANZAA BEGINS | 27   | 28  | 29  | 30                   |
| 31<br><br>NEW YEAR'S EVE |   |                          | <p><b>“Encourage your student to overcome challenges. College is hard and struggles happen. The Bear CLAW, our faculty and staff members, and tutoring are all available to help your student succeed.”</b></p> <p><i>Clif Smart, president of Missouri State University</i></p> |   |   |                      |
|                          |   |                          |  |   |   |                      |





## Look ahead as a new semester starts

As spring semester begins, it's a chance to reflect on the fall semester and learn from any missteps. If your student did not perform to their expectations, take this time to evaluate what they can do differently going forward. It's helpful to remind your student that they now have a semester of experience to draw upon. Ask them to share some examples of good decisions made during the previous semester, such as sticking with a study plan, getting help from a campus resource or joining a student

organization. Helping your student acknowledge these successes can give them the confidence to perform well in the future.

Now is also a good time to decide on summer plans. Summer employment, internships, summer classes and service experiences are common options for students. Students should prepare by developing resumes, completing job applications and/or meeting with their academic advisors.

### IN JANUARY, FAMILIES CAN:

- **Remind your student the new year is a good time** to review their financial situation, apply for scholarships, complete the FAFSA and make a budget.
- **Encourage your student to check-out organizations** on campus related to their interests and hobbies. It's never too late for your student to get involved!



### TRADITION OF THE MONTH



Rub the bear in Great Southern Bank Arena for good luck

The senior class of 2008 donated this statue in Great Southern Bank Arena as a way to support the Bears athletics teams. On your way to the student section, give the basketball team some good luck by rubbing the bear!



# JANUARY 2024

| SUNDAY | MONDAY  | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY                                       | SATURDAY |
|--------|---|--|-----------|----------|--|----------|
|        | 1<br>WINTER BREAK<br>No Classes/<br>Offices Closed  | 2  | 3         | 4        | 5  | 6        |
|        | NEW YEAR'S DAY  |  |           |          |  |          |
| 7      | 8   | 9  | 10        | 11       | 12   | 13       |
| 14     | 15<br>MLK SERVICE<br>CHALLENGE/<br>MARTIN LUTHER<br>KING JR. HOLIDAY<br>No Classes/<br>Offices Closed | 16<br>SPRING CLASSES<br>BEGIN  | 17        | 18       | 19   | 20       |
| 21     | 22  | 23   | 24        | 25       | 26<br>DEADLINE<br>TO REQUEST A<br>FERPA HOLD | 27       |
| 28     | 29  | 30   | 31        |          |  |          |
|        |   | <p><b>“Interacting with your classmates helps you grow to be a personable and relationship-oriented individual. Taking the first step to say ‘hello’ can make all the difference. It allows you to be as successful as possible in any class, whether you need a study buddy or help with a project.”</b></p> <p><i>Khloee Lathrum, senior</i></p> |           |          |  |          |





## Help your Bear find career guidance

If your student is exploring career possibilities, Missouri State's Career Center may be their most valuable resource. The Career Center helps students learn how to direct their own career development. These skills are useful during college, immediately after graduation and throughout anyone's professional life.

The Career Center recommends students use its services right away. Early career planning can greatly contribute to future career success. Most new students are reluctant to do

so, however, consider giving your student some encouragement to meet with a career counselor during their first year.

### IN FEBRUARY, FAMILIES CAN:

- **Affirm your student's talents** and personality traits.
- **Listen (nonjudgmentally) to your student's thoughts** about classes and activities. You may have helpful insights.
- **Refer your student to the Career Center** for counseling if they are interested in exploring majors and careers:

🌐 [CareerCenter.MissouriState.edu](https://CareerCenter.MissouriState.edu)

- **Encourage your student to balance social life and academics.** They can develop study skills and enjoy a variety of activities.
- **Recommend that your student investigate job responsibilities** and gain work experience by obtaining an internship.



### TRADITION OF THE MONTH



### Attend an event with Multicultural Programs

Multicultural programs serves the cultural competence and education needs of students through many different initiatives. These include heritage months, networking receptions, LGBTQ+ Student Services, a Room of Reflection for prayer or spiritual practice, and a lounge area open to all students.



# FEBRUARY 2024

| SUNDAY              | MONDAY  | TUESDAY | WEDNESDAY             | THURSDAY | FRIDAY | SATURDAY             |
|---------------------|---|---------|-----------------------|----------|--------|----------------------|
| Black History Month |   |         |                       | 1        | 2      | 3                    |
| 4                   | 5   | 6       | 7                     | 8        | 9      | 10<br>LUNAR NEW YEAR |
| 11                  | 12  | 13      | 14<br>VALENTINE'S DAY | 15       | 16     | 17                   |
| 18                  | 19<br>PRESIDENT'S DAY<br>No Classes/<br>Offices Closed  | 20      | 21                    | 22       | 23     | 24                   |
| 25                  | 26  | 27      | 28                    | 29       |        |                      |
|                     | <p><b>“The Career Center here at Missouri State makes such a difference in student success. Not only do they provide resources to students concerning career readiness and exploration, but they also help build a strong foundation for students who are preparing to enter the workforce. For me, the Career Center was the first step in the right direction when it came to making decisions about my future.”</b></p> <p><i>Grace Hanchett, senior</i></p> |         |                       |          |        |                      |





# MARCH 2024

| SUNDAY   | MONDAY   | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY   | SATURDAY                  |
|--|--|---------|---|----------|--|---------------------------|
| <b>Women's History Month</b><br><b>National Developmental Disabilities Awareness Month</b><br><b>Irish American Heritage Month</b> |  |         |   |          | 1  | 2                         |
| 3  | 4  | 5       | 6   | 7        | 8  | 9                         |
| 10<br><b>RAMADAN STARTS</b><br><b>DAYLIGHT SAVINGS BEGINS</b>  | 11<br><b>SPRING BREAK</b><br>No Classes/<br>Offices Open | 12      | 13  | 14       | 15   | 16                        |
| 17<br><b>ST. PATRICK'S DAY</b>   | 18   | 19      | 20  | 21       | 22   | 23<br><b>PURIM STARTS</b> |
| 24   | 25<br><b>HOLI</b>  | 26      | 27  | 28       | 29<br><b>SPRING HOLIDAY</b><br>No Classes/<br>Offices Closed | 30                        |
| 31<br><b>EASTER</b>  |  |         | <p><b>"Your college home has so much to offer off-campus. Some of my most transformational learning experiences happened in the Springfield community, where I served with others looking to make a difference. Learning about the community through service not only helped me make new friends, but also gave me a chance to test skills, major choices and strengthen career goals."</b></p> <p><i>Alex Johnson, director of community-engaged learning, Center for Community Engagement</i></p> |          |  |                           |





## It's time to register for classes!

Missouri State believes it is critically important for students to have a knowledgeable, caring advisor help them make their academic plans. That's why students with fewer than 75 credit hours are required to have an advising appointment before they register. Have your student get an early advising appointment: That helps ensure they can register on their sequenced date.

Flexibility is important. Sometimes courses close or are canceled. Encourage your student to make trial class schedules and have alternative courses in mind. Students should confirm they have taken any prerequisites for courses they plan to take. If not, it will cause problems at registration time.

### IN APRIL, FAMILIES CAN:

- **Encourage your student to make an appointment with their advisor** as soon as possible. Before seeing the advisor, your student should review their degree audit and prepare a list of courses they are considering.
- **Encourage your student to prioritize courses.** Breaks between courses can be useful for quick trips to the library or study sessions with classmates.

### TRADITION OF THE MONTH



### Hang out by the John Q. Hammons Fountain

The fountain is a fantastic place to relax. We even celebrate Fountain Day, the first day in the spring when it's warm enough to fire up the water for the season! It's usually in April, so be sure to look out for any notices of the event.



# APRIL 2024

| SUNDAY   | MONDAY                  | TUESDAY  | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------|--|-----------|----------|--------|----------|
| Asian American and Pacific Islander Heritage Month | 1                       | 2  | 3         | 4        | 5      | 6        |
| 7  | 8<br>EID AL-FITR STARTS | 9  | 10        | 11       | 12     | 13       |
| 14   | 15                      | 16   | 17        | 18       | 19     | 20       |
| 21   | 22                      | 23<br>PASSOVER STARTS  | 24        | 25       | 26     | 27       |
| 28   | 29                      | 30   |           |          |        |          |
|  |                         | <p><b>"I encourage students to have one-on-one conversations with all of their professors, regardless of class size. It can be a meaningful experience getting to know a professor, and could turn into an on-going mentorship."</b></p> <p><i>Ross Hawkins, director of the Academic Advising and Transfer Center</i></p> |           |          |        |          |





## Balance wellness at finals frenzy

It's time for final exams. Your student is almost done with a year of college! When things get busy, it's easy for your student to forget they need self-care. Exercise, good nutrition, self-affirmation and a good night's sleep all can help your student succeed.

### IN MAY, FAMILIES CAN:

- **Encourage your student to take advantage of Campus Rec facilities.** Even a quick workout will energize your student.
- **Talk to your student about food options** and what they've been choosing to eat.
- **Remind your student their professors are ready to assist them.** Taking a few minutes to ask questions and get a different perspective helps your student finish strong.
- **Let your student know you support them** and are proud of them.



TRADITION OF THE MONTH



Attend a concert or performance

Our students are putting on their final plays, concerts and productions of this year. Attend one of your choice to support our performing Bears!



# MAY 2024

| SUNDAY                         | MONDAY   | TUESDAY | WEDNESDAY    | THURSDAY   | FRIDAY  | SATURDAY         |
|--------------------------------|--|---------|--------------|--|---|------------------|
| Jewish American Heritage Month |  |         | 1<br>MAY DAY | 2<br>SPRING CLASSES END  | 3<br>STUDY DAY<br>No Classes/<br>Offices Open | 4<br>FINAL EXAMS |
| 5                              | 6<br>PRESIDENT'S<br>FINALS BREAKFAST                           | 7       | 8            | 9  | 10<br>SPRING<br>COMMENCEMENT                  | 11               |
| 12<br>MOTHER'S DAY             | 13   | 14      | 15           | 16<br>STUDENTS' FINAL<br>GRADES, GPA<br>CALCULATIONS AND<br>ACADEMIC STATUS<br>AVAILABLE | 17  | 18               |
| 19                             | 20   | 21      | 22           | 23<br>VESEK/BUDDHA'S<br>BIRTHDAY   | 24  | 25               |
| 26                             | 27<br>MEMORIAL DAY<br>HOLIDAY<br>No Classes/<br>Offices Closed | 28      | 29           | 30   | 31  |                  |
|                                |  |         |              |  |   |                  |



## Prepare for a successful second year

Summer goes quickly — and so does college. This is a good time to discuss options that will maximize your student's time at Missouri State and set your student up for success as they enter their second year.

Consider telling your student about our Second-Year Experience. This program, from the Center for Academic Success and Transition, is designed for students who are returning. The second year typically serves as a time when students seriously contemplate their academic and professional careers.

For all Bears, including first-generation students, the next steps on the path may seem uncertain. The dedicated programs of the Second-Year Experience will provide many resources to help your student succeed.

Learn more!

 **MissouriState.edu/  
AcademicSuccess**



**ENCOURAGE YOUR STUDENT TO USE THE RESOURCES AT MISSOURI STATE. SOME OF THESE INCLUDE:**

- **Combining academic achievement and community service through the Citizenship and Service-Learning courses.** Your student will develop skills, gain invaluable knowledge and proactively learn about community engagement. Learn more about service-learning opportunities: **MissouriState.edu/CASL**
- **Exploring a domestic or international culture for a week or even a year through Education Abroad.** This office facilitates programs to increase cultural competence and develop global leaders of tomorrow. Learn more: **MissouriState.edu/EducationAbroad**
- **Becoming a leader on campus.** There are more than 375 campus organizations. Your student has a multitude of opportunities to find their “people” and get involved! Learn more: **MissouriState.edu/StudentEngagement**

### TRADITION OF THE MONTH



**Go to a Springfield Cardinals game**

Springfield is home to the Double-A affiliate of the 11-time World Series Champions St. Louis Cardinals. They play at Hammons Field — the same stadium that is the home of our Baseball Bears!



# JUNE 2024

| SUNDAY   | MONDAY                           | TUESDAY | WEDNESDAY   | THURSDAY | FRIDAY | SATURDAY |
|--|----------------------------------|---------|---|----------|--------|----------|
|  |                                  |         |   |          |        | 1        |
| 2  | 3<br><br>SUMMER<br>CLASSES BEGIN | 4       | 5   | 6        | 7      | 8        |
| 9  | 10                               | 11      | 12  | 13       | 14     | 15       |
| 16<br><br>FATHER'S DAY<br><br>EID AL-ADHA STARTS | 17                               | 18      | 19<br><br>JUNETEENTH<br>NATIONAL<br>INDEPENDENCE DAY<br>No Classes/<br>Offices Closed | 20       | 21     | 22       |
| 23   | 24                               | 25      | 26  | 27       | 28     | 30       |

The Center for Academic Success and Transition has partnered with Student Affairs and Academic Affairs to create a Second-Year Experience designed to meet the needs and interests of our second-year and transfer students. The purpose of the Second-Year Experience is to:

- Celebrate completion of your student's first year of college.
- Help prepare your student for their second-year success and beyond.
- Encourage your student to develop a stronger connection with faculty.
- Deepen the involvement of your student with the public affairs mission.

Information from Dr. Tracey Glaessgen, Center for Academic Success and Transition

| DEPARTMENT                                 | QUESTIONS   | LOCATION                              | PHONE (417)     | WEBSITE  |
|--|---|---------------------------------------|-----------------|--|
| <b>Family Association</b>                  | <b>General resources for families</b>   | <b>Plaster Student Union 416</b>      | <b>836-3060</b> | <b>MissouriState.edu/BearsFamilies</b>         |
| Admissions                                 | Admissions, transferring credit   | Carrington Hall 204                   | 836-5517        | <b>MissouriState.edu/Admissions</b>            |
| Adult Student Services                     | Assistance for students who are 22 or older, in evening classes, married or have children | Meyer Alumni Center 400               | 836-6929        | <b>AdultStudents.MissouriState.edu</b>         |
| Academic Advisement and Transfer Center    | Academic advisement   | University Hall 109                   | 836-5258        | <b>MissouriState.edu/Advising</b>              |
| Alumni Association                         | Alumni programs   | Meyer Alumni Center 100               | 836-5654        | <b>Alumni.MissouriState.edu</b>                |
| Athletics                                  | Intercollegiate athletic programs   | Hammons Student Center                | 836-5244        | <b>MissouriStateBears.com</b>                  |
| BearCLAW                                   | Tutoring, writing assistance  | Meyer Library, 1st Floor              | 836-6398        | <b>BearClaw.MissouriState.edu</b>              |
| Bear Pantry                                | Food pantry for students and staff  | University Hall basement              | 836-4840        | <b>MissouriState.edu/BearPantry</b>            |
| BearPass Card Office                       | Student ID Cards  | Plaster Student Union 128             | 836-8409        | <b>MissouriState.edu/BearPassCard</b>          |
| Bookstore                                  | Textbooks, BearWear apparel, computers and software                                       | Bookstore                             | 836-5403        | <b>MissouriStateBookstore.com</b>              |
| Bursar's Office                            | Payments, tuition, fees   | Carrington Hall 102                   | 836-5128        | <b>MissouriState.edu/Bursar</b>                |
| Campus Recreation                          | Recreation center, intramural sports, fitness and wellness programs                       | Foster Recreation Center              | 836-5334        | <b>MissouriState.edu/Recreation</b>            |
| Center for Academic Success and Transition | Academic support programs for students  | Meyer Library 116                     | 836-8343        | <b>MissouriState.edu/AcademicSuccess</b>       |
| Career Center                              | Job opportunities, interview skills, résumé writing                                       | Carrington Hall 309                   | 836-5636        | <b>CareerCenter.MissouriState.edu</b>          |
| Center for Leadership and Volunteerism     | Leadership programs, volunteer opportunities  | Plaster Student Union 131             | 836-7615        | <b>MissouriState.edu/CLV</b>                   |
| Citizenship and Service-Learning           | Service-learning classes  | Plaster Student Union 131             | 836-5774        | <b>MissouriState.edu/CASL</b>                  |
| Computer Services Help Desk                | Computing issues  | N/A                                   | 836-5891        | <b>HelpDesk.MissouriState.edu</b>              |
| Counseling Center                          | Counseling services   | Magers Health and Wellness Center 304 | 836-5116        | <b>CounselingCenter.MissouriState.edu</b>      |
| Dean of Students Office                    | Assisting students with personal and educational goals                                    | Plaster Student Union 405             | 836-5527        | <b>MissouriState.edu/DOS</b>                   |
| Dining Services                            | Campus dining, meal plans, BoomerMeals  | Blair-Shannon House 114               | 836-5660        | <b>DineOnCampus.com/MissouriState</b>          |
| Disability Resource Center                 | Disability resources, accommodations  | Meyer Library 111                     | 836-4192        | <b>MissouriState.edu/Disability</b>            |
| Education Abroad                           | Foreign/domestic study opportunities  | Plaster Student Union 209             | 836-6368        | <b>MissouriState.edu/EducationAbroad</b>       |
| Family Programs                            | General resources for families  | Plaster Student Union 418             | 836-3060        | <b>MissouriState.edu/BearsFamilies</b>         |
| Financial Aid                              | Scholarships, grants, loans   | Carrington Hall 101                   | 836-5262        | <b>MissouriState.edu/FinancialAid</b>          |
| Financial Services                         | Payment plans, direct deposit   | Carrington Hall 113                   | 836-5635        | <b>MissouriState.edu/FinancialServices</b>     |
| Fraternity and Sorority Life               | Fraternities, sororities  | Plaster Student Union 127             | 836-4386        | <b>MissouriState.edu/StudentEngagement/FSL</b> |
| Graduate College                           | Graduate programs admission   | Carrington Hall 306                   | 836-5335        | <b>Graduate.MissouriState.edu</b>              |
| Honors College                             | Honors information  | University Hall 212                   | 836-6370        | <b>MissouriState.edu/Honors</b>                |
| Information Desk / Lost and Found          | Campus information, lost and found items  | Plaster Student Union Lobby           | 836-5885        | <b>MissouriState.edu/Information</b>           |



|   |   |  |                |  |
|---|---|--|----------------|--|
| Institutional Equity and Compliance         | Discrimination, harassment  | Park Central Office Building 111   | 836-4252       | <b>MissouriState.edu/Equity</b>                            |
| Magers Health and Wellness Center           | Health and wellness services, pharmacy  | Magers Health and Wellness Center  | 836-4000       | <b>Health.MissouriState.edu</b>                            |
| Meyer Library                               | Library information   | Meyer Library  | 836-4535       | <b>Library.MissouriState.edu</b>                           |
| Missouri State Foundation                   | Gifts to Missouri State, endowment  | Meyer Alumni Center 100  | 836-4143       | <b>MissouriStateFoundation.org</b>                         |
| Missouri State TIX                          | Tickets for athletic events, concerts, performances and special events                                    | JQH Arena; Hammons Hall for the Performing Arts; Plaster Student Union; Craig Hall | 836-7678       | <b>MissouriStateTix.com</b>                                |
| Multicultural Programs                      | Student growth and development; exploration of identity and self  | Freudenberger House, Basement  | 836-5652       | <b>MissouriState.edu/<br/>MulticulturalPrograms</b>        |
| Multicultural Services                      | Multicultural education and programs  | Plaster Student Union 101  | 836-8921       | <b>Multicultural.MissouriState.edu</b>                     |
| Orientation and Transition Programs         | SOAR and URSA Experience  | Plaster Student Union 417  | 836-7651       | <b>MissouriState.edu/NewBears</b>                          |
| Outdoor Adventures                          | Outdoor activities and equipment rentals  | Foster Recreation Center   | 836-5904       | <b>MissouriState.edu/Recreation/<br/>OutdoorAdventures</b> |
| Partners in Education                       | First-year students' academic records   | Meyer Library  | 836-5034       | <b>MissouriState.edu/<br/>PartnersInEducation</b>          |
| Plaster Student Union                       | Campus life, vendors  | PSU Information Desk 2nd Floor   | 836-5885       | <b>MissouriState.edu/Union</b>                             |
| Registrar's Office                          | Registration, academic records  | Carrington Hall 320  | 836-5520       | <b>MissouriState.edu/Registrar</b>                         |
| Residence Life, Housing and Dining Services | Housing, residential programs   | Hammons House 101  | 836-5536       | <b>ResLife.MissouriState.edu</b>                           |
| Safe Walk                                   | Safe campus transportation  | 636 E. Elm St.   | 836-5509       | <b>MissouriState.edu/SafeWalk</b>                          |
| ROTC  | Army ROTC, Bear Battalion   | Freudenberger House 34   | 836-5793       | <b>MissouriState.edu/MilSci</b>                            |
| Safety and Transportation                   | Campus safety, parking, BearLine shuttle system   | 636 E. Elm St.   | 836-5509       | <b>MissouriState.edu/SafeTran</b>                          |
| Springfield Police Department Substation    | Campus safety, crime reporting  | 636 E. Elm St.   | 911 / 836-5327 | <b>SpringfieldMo.gov/SPD</b>                               |
| Strategic Communication                     | Campus news, new media  | Meyer Alumni Center 600  | 836-6397       | <b>News.MissouriState.edu</b>                              |
| Student Affairs                             | Support success, foster engagement, inspire commitment to public affairs, and instill pride and tradition | Carrington Hall 200  | 836-5526       | <b>StudentAffairs.MissouriState.edu</b>                    |
| Student Conduct                             | Code of Student Rights and Responsibilities, disciplinary procedures                                      | Plaster Student Union 405  | 836-6937       | <b>MissouriState.edu/StudentConduct</b>                    |
| Student Employment                          | On- and off-campus jobs, work study   | Blair-Shannon House 113  | 836-5627       | <b>MissouriState.edu/StudentEmp</b>                        |
| Student Engagement                          | Student organizations, involvement opportunities, campus events   | Plaster Student Union 127  | 836-4386       | <b>MissouriState.edu/<br/>StudentEngagement</b>            |
| The Standard                                | Student newspaper   | Clay Hall  | 836-5272       | <b>The-Standard.org</b>                                    |
| Theatre productions                         | Campus theatrical or dance performances   | Craig Hall, Cogger Theater or Balcony Theater                                      | 836-7678       | <b>TheatreAndDance.MissouriState.edu</b>                   |
| Title IX                                    | Support resources   | Carrington Hall 205  | 836-6810       | <b>MissouriState.edu/TitleIX</b>                           |
| Transcripts                                 | Official transcripts  | Carrington Hall 320  | 836-5520       | <b>MissouriState.edu/Transcripts</b>                       |
| University Safety                           | Campus safety, parking, Bear Line shuttle system  | 636 E. Elm St.   | 836-5509       | <b>MissouriState.edu/SafeTran</b>                          |
| Veterans Student Center                     | Veterans' services  | Meyer Library 108  | 836-6199       | <b>MissouriState.edu/Veterans</b>                          |
| Web Strategy and Development                | University websites   | Meyer Alumni Center 600  | 836-5271       | <b>MissouriState.edu/Web</b>                               |

# BECOME A MEMBER OF THE **MISSOURI STATE** **FAMILY ASSOCIATION**

Families who support their students need their own type of support — and the Missouri State Family Association provides it. The Family Association is a program designed to help give parents and family members like you a number of helpful resources, including:

- Information about Missouri State programs, services and events through our Family Connection blog, Bear Notes, our e-newsletter and regular emails.
- Special campus events such as Family Weekend and Spring Family Day.
- A first point of contact for parents and families who need answers to questions or referrals to appropriate departments or resources.
- Opportunities to participate in Missouri State programs and initiatives.



**Missouri State**  
U N I V E R S I T Y