



# Mustangs Insight

## Welcome!

Dear Parents and Families,

First, we hope you are safe and well. Over the last several months, the COVID-19 pandemic has placed great challenges on all of us. We want to assure you that faculty and staff members at MSU Texas have been working nonstop this summer to adapt programs, activities, living, and dining to this new world of COVID-19. The overarching priority, which we've maintained with guidance from our state and local governments and public health officials, is the safety of our community, including, above all, our students.

At FIRST2GO, we want to be a resource for both students and their families. College can be a confusing process regardless of how much experience students and families have, especially during these uncertain times. This is an exciting time to be part of MSU Texas, and the faculty, staff, and students look forward to meeting you this year. You are embarking on a truly exciting time in your student's life, filled with many new opportunities and challenges.

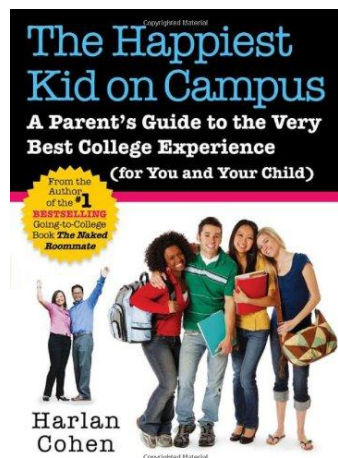
As we prepare to return to campus, we will continually monitor local, state, and federal data as well as CDC guidance regarding COVID-19 in order to make adjustments to operations as needed. We are entering Phase IV which is the return to normal daily operations in all campus areas with no restrictions. With the return to Phase IV, face coverings will be optional while on campus. We encourage face coverings for anyone who feels more comfortable with continued use. For campus updates regarding COVID-19, please look to the [Coronavirus Update](#) page on our website.

## Reading Recommendation

[The Happiest Kid on Campus: A Parent's Guide to the Very Best College Experience](#) by Harlan Cohen.

Whether your student is starting college or continuing, there's a surprise around every corner... But that doesn't mean you can't be prepared! The Happiest Kid on Campus is a witty

and wise guide to everything you need to know about the college experience. Harlan Cohen, a college life expert, delivers advice, facts, stats, tips, and stories from parents, students, and experts across the country to ensure that you and your student will have an incredible and meaningful college experience.



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### UPCOMING EVENTS:

- **8/14:** Move-in week starts
- **8/23:** Classes start
- **9/6:** Labor Day
- **9/24-9/26:** Family Weekend

### HAVE QUESTIONS?

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[FIRST2GO](#)



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## Campus Resources

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- [Vinson Health Center](#) (940)397-4231—The center serves as a resource for development programming in areas of health promotion, health maintenance, and health education.
- [University Police](#) (940)397-4239—MSU has police officers on 24-hour duty. When on campus, immediately report any crime you may witness or be a victim of to the MSU Police Department.
- [Counseling Center](#) (940)397-4618—Personal, academic, psychological, career, and group counseling are available to students free of charge at the Counseling Center.
- [Disability Support Services](#) (940)397-4140—Provides equal access to programs through the coordination of services and reasonable accommodations, consultation and advocacy.
- [Title IX](#)—conducts investigations into possible violations of MSU's Sexual Misconduct Policy, as well as oversees the university's primary prevention and education programming related to sexual assault, interpersonal violence, and sexual harassment.

## Being Part of a Support System

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A support system is a group of people who provide you with mental, emotional, and practical support when you need it most. Without a support system, a student may feel like they are alone when they are having a hard time. It is important for students to have a strong support system so that they have those people to fall back on when things get rough. As a parent or a family member, your student may look to you for advice or help so it is beneficial to listen, understand, and give suggestions if needed.



Because students are becoming more independent, they may be less likely to accept help and be open with you. As part of your student's support system, you want your student to understand that you are available for them without seeming overwhelming (i.e., constantly checking in with them). You want to provide support but you also want to help provide your student with opportunities to venture out and continue to build their support system. Students should be encouraged to open up their system, whether through student organizations, volunteering, and even in their own classes. When someone has a strong support system, both in others and personally, they will be strong themselves. It may take time for students to build up their ideal support system, but once they do, encourage them to keep it going and they may have develop support system for life.

### Monthly Poll Question

As your family prepares for your student to begin college, about which topic do/did you have the most questions/concerns?

[Family finances](#)

[Student's academic success](#)

[Student's dietary/nutrition needs](#)

[Student's social/emotional support](#)

[Student living on/off campus](#)

[Student safety](#)

[My student will be fine, I am not too concerned](#)

[Other \(please specify\)](#)