



OFFICE OF PARENT AND FAMILY SERVICES

If you know someone who would like to receive our Cowbell Connections communication, please send them the below link to subscribe.
Sign Up Today!

If your student is graduating or not returning, you can unsubscribe by clicking the link located at the bottom of this email.



COWBELL CONNECTIONS

Dear Friends,

It's finally here, the fall semester! We are super excited to see students back on campus and in our community. Whether your student is in their first or final year with us, adjustment to a new academic year can be both exciting and challenging.

First things first, please follow us on social media. We strive to keep you up to date with campus announcements, events or activities that are going on around campus, and helpful tips. We are on Facebook, Twitter, and Instagram at **@MSStateFamily**.

As family members of a Mississippi State student, we see you as partners in supporting your student's educational experience. We will work hard to keep y'all in the loop because we want you to feel like a part of their experience. Most days YOU will be MSU's greatest link to our students. So please, help us help you help your student and know that we are here to partner with you **every step of the way.**

You may have questions or concerns throughout the year, too. Life happens to all of us! When you or your student are in doubt, **REACH OUT**. We welcome you to stay in touch

Hail State, our friends!

Dr. Cat Walker & Becky Faulk
Office of Parent & Family Services
662.325.3611 | **family@msstate.edu**

IMPORTANT DATES

August 1

Deadline for payment in full or enrollment in payment plan.

Class schedules subject to cancellation if full payment not made

August 24

Last day to register or add a course (6th class day) 5:00 p.m.

Last day to request undergraduate

or not enrolled in payment plan.

August 15

New freshmen and transfer student orientation

August 17
Classes begin

August 23

Fall Convocation

Last day to drop a course without a grade
(5th class day) 11:59 p.m.

academic forgiveness
(Last day to add a course)

August 29 to October 1

Apply online via myState for
December 2022 degree - \$50 fee

September 5

Labor Day Holiday - no classes scheduled

September 15

Deadline for undergraduate students
receiving incomplete grades in a previous
semester to submit the coursework.
(30th calendar day)

Academic Calendar



Join the
FAMILY CLUB

The Family Club was started in 2008 to help parents stay informed about Mississippi State University. By joining, you will receive email notifications of important dates, be informed of the latest campus news, and stay connected to campus life and resources for your student. We believe that the MSU family extends beyond our campus borders to include students, parents/guardians, grandparents, siblings, alumni, staff, and faculty.

The Family Club enables you to be an integral part of the MSU family! The Family Club membership is open to parents and family members of current, former, and future Mississippi State University students. Benefits of joining include:

- MSU Family Club Padfolio
- Family Programming Support

Join Today



SAVE *the* DATE

We are excited to announce the dates of our **Bulldog Family Weekend** fall event.

Bulldog Family Weekend will be held **October 21-23, 2022**. MSU football will take on the Alabama Crimson Tide in Tuscaloosa, AL and we will host a tailgate and watch party here in Stark Vegas. We are working out the details, but we sure hope you will make plans to join us. It will also be an opportunity to highlight some (other) wonderful things on and off campus.

Our feelings won't be hurt if you would rather come another time to visit with your student and enjoy the area or see a home football game. As we have said in the past, **EVERY** weekend is a great weekend to be on campus. Come whenever it works best for you and your family.

If you're interested in making plans to join us, we would like to encourage you to make your hotel reservations now while rooms are available.

Register Today



BULLDOG FAMILY WEEKEND *T-Shirt Design Contest*

We are calling on our Bulldog students to help us design the Bulldog Family Weekend

2022 t-shirt. The winning design will be featured as our Bulldog Family Weekend event t-shirt and the winner will receive:

- a one-of-a-kind hand painted cowbell with the winning t-shirt design,
- a free t-shirt,
- four tickets to the tailgate on Saturday, October 22, 2022, and
- recognition at the tailgate event, on the MSU Parent and Family website, social media pages, and the Cowbell Connections email newsletter.

Learn More



ACADEMIC RESOURCES *and tips*

We want to make sure you have the tools and resources needed to help your students navigate through academic resources for this fall semester.

"Secrets to College Success"

- **Go to class**
- **Maintain an organized calendar**
- **Check your MSU email daily**
- **Ask for help**
- **Study**
- **Start strong!**

Remind students of these 6 very basic items regularly. This simple strategy will guide all students on the path to success at MSU.

Freshman Resources:

- **Freshman Year Navigators** - Every freshman on our campus has a navigator that reaches out to them on a weekly basis through email, text, phone calls and one-on-one meeting, offering help and assistance with any issue a student may have. Remind your freshman, "Have you talked to/asked your navigator?"
- **Freshman Success Strategies** - Several hundred freshmen will be placed automatically in this course to ensure they get a good head start here at MSU. This 1-hour course teaches items from study skills to finding your fit on our campus.

Tutoring at The Learning Center

The Learning Center offers a variety of tutoring opportunities for students to get plugged into. Students will need to download the **Penji App** to access tutoring schedules, courses offered, and schedule a tutoring session. We encourage students to utilize this resource early in the semester rather than later.

Students can also request a tutor by visiting The Learning Center and selecting **Don't See a Course?** We also encourage students to form their own study groups, reach out to their

classmates for tutoring assistance, and to take advantage of their professor's office hours.

Students should attend all SI courses on their class schedule.

Supplemental Instruction (SI) is a free academic program designed to help students succeed in historically difficult courses. The goal of SI is to help students integrate course content and study skills while working together. Be sure your student knows what time their SI class meets by visiting [The Learning Center](#) today.

Tips to help your student succeed in the classroom:

- Get to class **ON TIME** (be sure to scan in if your class has a scanner)
- Schedule out your week. Know what is due by creating a calendar based on the assignment deadlines in each syllabus.
- Bring materials to take notes, and actually take them!
- **Don't be afraid to ask for help** . Students should approach a teacher before/after a class or during office hours for additional guidance. Don't be scared!
- **Use your resources** - Whether you need tutoring from The Learning Center, help from the Math Domain, or tips from the Writing Center, we offer plenty of resources to help students academically.



ADDITIONAL CAMPUS *Resources*

Students who are healthy, well, and have a safe environment to live, study, and learn are more likely to succeed in their academic pursuits. We recognize that in order for your students to prepare for a successful semester, they need to be equipped with campus resources that are designed to help them through this new semester.

The Learning Center | 662.325.2957

Provides students with tutoring opportunities to get plugged into. Students are encouraged to utilize the tutoring schedule early in the semester rather than later. Students will need to download the [Penji App](#) to access tutoring schedules, courses offered, and schedule a tutoring session.

Student Counseling Services | 662.325.2091

Offers a variety of free and confidential mental health services to support students. Students are encouraged to reach out to the Student Counseling Center early in the semester.

Longest Student Health Center | 662.325.2431

The health of our students is of primary importance and Mississippi State has up-to-date facilities to help maintain their well-being. NOTE: The Health Center is not open 24/7. Students who become ill when the Health Center is closed should consider visiting one of Starkville's urgent care facilities or the Oktibbeha County Hospital, if it's an emergency and cannot wait.

Disability Resource Center | 662.325.3335

The Disability Resource Center (DRC) assists in determining the classroom accommodations that are most appropriate for students with disabilities based on documentation of their disability. Students are responsible for registering with DRC and making their professors/instructors aware of their accommodation need. Students who are also experiencing a temporary disability and/or chronic illness should register with DRC before the semester gets underway.

Writing Center | 662.325.1045

The MSU Writing Center is available to offer support to students and is a great resource for student to use throughout the semester. The Writing Center works with students in developing and supporting ideas for a particular rhetorical writing situation (class assignment, resume, or written presentation).



EXPECTATIONS IN A *New Semester*

College is completely different from high school and community college. Students are no longer surrounded by a close-knit community that they once leaned on for guidance. They are now miles away and learning how to navigate a new territory and new expectations.

It takes time for students to naturally figure out where they fit, what activities they like, and who they enjoy being around. This academic fall semester is a great opportunity for students to re-evaluate their expectations, set new goals, and break free from their comfort zone. It may take a bit of time to figure out all of the new pieces. Their own expectations of what their experience should look like may not resemble what you expect. You can still play a valuable role in your student's college journey.

You will soon learn (if you haven't already) that students will go to bed on their own time. They will eat at odd hours throughout the day. More likely than not, they will procrastinate, and some may even put in just enough effort to get by. Phone calls home may not be frequent, text messages may go unanswered, and visits home may not be often. These are just some of the changes you may begin to notice.

While many students start the semester off knowing by the end of the academic year they must have a specific GPA in order to keep their scholarships, financial aid, or external funding, help your student understand what is expected of them by discussing:

1. **What type of student do you expect to be academically and personally?** Do you expect perfect attendance and a 4.0 (and is this realistic?)
2. **How often do you expect calls home, text message responses, and visits home?** College is a full-time job for students; availability may be limited.
3. **How to be resourceful!** The internet has so much information today that students can literally Google anything and find an answer. Remind students to utilize their resources (not just the internet, but people!) before panicking. Make

every effort to not be their google. (See above, FIO.)

4. ***In case of an emergency***, can your student get in touch with you? Do they know your contact information should they lose, misplace, or become separated from their cell phone?
5. ***Consequences*** - What happens if your student gets a parking ticket, misses 3 or more classes, doesn't get involved/engaged, etc.? *Be sure to set expectations.*



MOTIVATING *from HOME*

Students may start the academic year off with high expectations (along with their family's expectations). When the first sign of defeat occurs, students may begin to experience a range of emotions that can sometimes feel unfamiliar. Anxiety, lack of appetite, sickness, sleepless nights, and disassociation are just a few common issues students face when their goals or their family's goals (academically and/or personally) are not met.

Adina Glickman, founder of Affinity Coaching and author of *How to Motivate my Student*, explains that "adjusting to college isn't just about learning how to tackle harder academics, it's a lot about learning how to be an adult. And one of the greatest challenges of becoming an adult is shifting the "who's in charge of my life" from parents to self."

Remember, college is transitional. Students have left the safety and comfort of home and are trying to figure out what they want to do in life, which academic path to pursue, and what interests them the most. Trying new things will likely come with a few bumps.

How can you help your student prepare for ups and downs? H.E.L.P.

- **Help shape their perception.** Students need to understand that experiencing perceived failures are a part of the learning experience.
- **Expect bumps.** Have a game plan! Discuss steps your student should take immediately following a bump in the road.
- **Learn to process the good and the bad.** Focus on strengths to help you and your student discuss weaknesses.
- **Praise them, too.** Students need to know what they've done successfully.

We would like to encourage you to take some time to read Glickman's blog post, [*How to Motivate my Student*](#).



INVOLVED & ENGAGED *students*

What will differentiate your graduate from another graduate with the same degree?

While succeeding academically is probably your student's main goal, encourage your student to seek out opportunities to get involved, too. Getting involved in student organizations, campus programs, or even taking time to attend a campus event, will help your student discover new interests, rediscover old interests, find their social group, and connect with campus staff.

Help your student understand the importance of campus involvement and engagement by checking out [Student Organizations](#) and discussing ways to become a part of Mississippi State. The benefits of getting involved in college can have an impact on a student's overall college experience. Something as simple as introducing yourself to another peer may lead to connections with potential employers, references, new friends, and some great opportunities.



FIO: *Figure It Out*

What should you do if your student calls or texts you one day in a panic about something that happened with a class assignment, instructor, roommate, or life in general? Before jumping in to fix it, take a deep breath and try to follow these guidelines:

1. **Listen.** And then listen some more.
2. **Ask questions.** Who at MSU have you spoken to about this? What resources have

- you utilized? What can you do to resolve this issue? Etc.
3. After you've listened, **discuss** why your student is upset. Everyone gets upset; understanding why helps students rationalize the situation.
 4. **Offer guidance**, but let your student do the heavy lifting to muddle through it.

Honestly, most of the time your student simply wants to vent a bit and be heard. Think about the tools you are helping them develop for their toolboxes by letting them *figure it out*. Priceless. These tools will benefit your student for years to come. College is a different Bulldog (pun intended) from high school. Students are expected to make decisions about their academic path, social life, personal well-being, and classroom outcomes. Decision making skills aren't just college-based skills that will end once they've graduated; they are transferable skills that will help them throughout life. *Try not to be their google.* (And try to remember this advice. We know firsthand how tough it is to not jump in and take control, trust us.) Don't worry, they will *figure it out*.



MISSISSIPPI STATE

Dining

Understanding your student's meal plan.

A Meal Plan unlocks delicious meals, coffee, snacks, and more, at 20 dining locations with options available from 7 a.m. to 11 p.m. Meal Plans include Meal Swipes and Flex Dollars, conveniently loaded onto your student's MSU Student ID Card. No need to carry additional cards or cash!

Block Meals can be used during operating hours at our all-you-care-to-eat dining halls: Marketplace at Perry and The Fresh Food Company

Flex Dollars can be used at any of our 20-dining location on campus, as well as student concession stands at football, baseball, basketball, and softball. Flex dollars also rollover from the fall semester to the spring semester. Students love the flexibility of a Flex Dollar. Additional Flex Dollars can be added at any time by visiting [MSU Dining](#).

Meal Equivalency

Students may also use two Block Meals per day at all retail locations, excluding Starbucks and State Fountain Bakery. The Block Meals are equal to a \$6.58 value (includes tax) and can be used once between 4 p.m. to 9p.m. and again from 9 p.m. to midnight.

Dietary Needs Met

MSU Dining strives to accommodate all students varying dietary needs on campus. If your student has an allergy, please reach out to Jill Hamilton, Registered Dietitian with MSU Dining, at hamilton-jill1@aramark.com to schedule a one-on-one consultation for help accommodating any dietary restrictions.

Making a change to your student's meal plan.

Does your student need to make a change to their meal plan? Students can visit [MSU Dining Services](#) or stop by in person (between Subway and Moe's) to make a change to their meal. The meal plan change period ends on August 31.

New this Semester

MSU Dining is now providing an Ultimate Eco Kit with the Ultimate Meal Plan for Freshmen. The Ultimate Eco Kit comes with a Hydro Flask that students can use for free drink refills (includes fountain drinks and drip coffee from our local partner, Umble Coffee), a reusable to-go container, and a thermal reusable bag. Students will receive their Ultimate Eco Kit after the first two weeks of the semester and can pick them up in the Dining Office.



HOUSING & RESIDENCE LIFE

Requesting a Roommate Change

Beginning August 22 after 5:00 p.m. residents seeking a roommate change are encouraged to speak with their Residence Director (RD) or Community Director (CD). More details will be shared with your student at their first residence hall meeting.

When your student needs assistance in their residence halls, who should he/she contact?

Students experiencing issues in their resident hall should always contact their Resident Advisor (RA) first. The RA lives on their floor and can help them with a variety of issues. If their RA is not available, students can go to the front desk and speak with the Information Assistant (IA). The IA will contact the Residence Director (RD) or Community Director (CD) on duty. Following the appropriate channels will result in a quick resolution to most issues.

Fix-It Ticket

When students need maintenance attention in their room, they should always submit a Fix-It Ticket. This lets our Housing Facilities team know that attention is needed in that student's room and gives us a system with which to track the progress of the maintenance request.

To submit a fix-it ticket online:

- students will log on to the Housing Portal at my.housing.msstate.edu
- select "Fix It" from the black menu bar at the top of the page
- select "New Job"
- complete the form and submit it.

Once the ticket has been submitted, students can track the progress of their maintenance request by calling Housing Facilities at 662.325.2190 or by emailing hfacwo@saffairs.msstate.edu.



PARKING & TRANSIT

Encourage your students to utilize the Starkville MSU Area Rapid Transit, better known as **S.M.A.R.T.** S.M.A.R.T. is committed to provide safe, efficient and reliable mobility options to improve the quality of life for citizens and visitors to the City of Starkville, Mississippi and the campus of Mississippi State University.

S.M.A.R.T. is absolutely **FREE!** To view and track all of the routes and stops, students can download the **DoubleMap** app on their smartphone or computer. Students can also text their Stop ID to **662.268.5180** to request an ETA.

Parking Tips - Help your student avoid a citation.

1. All vehicles parking on campus must have a valid permit.
2. Students living on campus **should not** have to move their vehicle in order to get to class. Each residence zone has a **S.M.A.R.T.** bus stop that can help get students closer to the core of campus for classes. Encourage your students to walk to class and enjoy our beautiful campus!
3. Students with a valid MSU permit should always park in their designated parking zone. If your student's zone becomes full at any time, students should park in the available North and South zones shown on MSU's **parking map**.
4. Before parking in ADA-accessible spaces, students must register their state-issued placard or plate with MSU Parking and Transit Services. In the event a disability-related accommodation is needed to obtain access to another zone, please contact the Director of Parking and Transit Services at **662.325.1827** or by email at **jpd1@msstate.edu**. Requests for parking accommodations are considered on a case-by-case basis, with consideration given to the nature of an individual's impairment and the availability of suitable parking spaces.
5. Regardless of the time of day, parking in spaces designated as Exclusive Service, Service Parking, Reserved, or Handicap is **never** allowed.



Special ANNOUNCEMENTS

Parent Portal

What can you see on the portal?

- Class schedules
- Account information
- Course progress*
- Class attendance*
- Campus Resources

Click [here](#) to learn how your student can provide you access.

**Attendance records and course progress grades are updated by the individual professors. While faculty are encouraged to enter this information, it is not required. If you have questions regarding this, please call our office.*



DON'T WALK ALONE

Call or Text MSU Police Department at 662.325.2121 for a campus escort 7 days a week, from dusk till dawn.

 **MISSISSIPPI STATE UNIVERSITY™**
POLICE DEPARTMENT

QuikPAY (where you can PAY)

What can you see in QuikPAY?

- Current account activity
- Statement history
- Transaction history
- Payment sources

Click [here](#) to learn how your student can provide you access.

Admitted Student?

Steps to Success:

- ✓ Step 1 - Complete Pre-Orientation (Required - online thru CANVAS)
- ✓ Step 2 - Attend Orientation Session (Required - in person on campus)
- ➔ Step 3 - Complete Maroon U (Required - online thru CANVAS)
- Step 4 - Attend New Maroon Campu (In person on campus)
- Step 5 - Start Classes!



Upcoming Events

Welcome Social

*Saturday, August 13 | 6:00 p.m. to 8:00 p.m.
Drill Field*

Join MSU Dining and other families on the Drill Field for their Welcome Social, serving BBQ following MVNU2MSU.

Dawg Day Tie Dye Event

*Monday, August 15 | 10:00 a.m. to 12:00 p.m.
Next to the Longest Student Health Center*

Students are invited to join staff members of Health Promotion and Wellness, along with fellow Bulldogs, and create their own tie dye t-shirt. All supplies will be provided.

Out of State Student Social

*Monday, August 15 | 4:00 p.m.
Perry Cafeteria*

Out of state students are invited to join the Office of Student Affairs for a fun afternoon of trivia, snacks, and the opportunity to meet other out of state students!



SA Class Tours

*Tuesday, August 16 | 3:00 p.m.
Drill Field*

This event is for incoming freshman and transfer students, to help find your classes on campus. Meet us on the Drill Field where we will have FREE MSU Ice Cream for you to enjoy, while also figuring out where your classes are located!

Service DAWGS Day 2022

*Saturday, August 20 | 10:00 a.m.
MSU Barnes and Noble (back patio)*

Service D.A.W.G.S. Day is a day dedicated to serving alongside our communities. On this day, MSU students, faculty, and staff and the surrounding community come together to engage in a few hours of volunteering to impact our community. Students can select a volunteer slots listed under the [Cowbell Connect 'SERVICE' tab](#) after logging in via myState.

Health Resource Fair

*Thursday, September 8 | 11:00 a.m.
Drill Field*

The Health Resource Fair will offer campus and community resources covering the 8 Dimensions of Wellness: physical, emotional, intellectual, social, occupational, financial, environmental, and spiritual.

WANT TO KNOW MORE ABOUT EVENTS HAPPENING ON CAMPUS?

Check out cowbell connect via the link below to find all campus connected events.

MSSTATE.CAMPUSLABS.COM/ENGAGE/

Cowbell
Connect

Get Ready for MSU!

Did you know that the MSU Longest Student Health Center provides a high-value Student-Health Insurance Plan; currently through United HealthCare Student Resources (UHCSR). The policy year begins 8/1/22; our Open Enrollment begins in a week or so, and our website will be updated with all the pertinent information between now and then. However, I wanted to go ahead and share several documents with you, so that you could have plenty of time to review it before Open Enrollment begins.

During Open Enrollment (or within 30 days of your student rolling off your insurance), your student can visit **UHCSR.com** (using Chrome or Firefox, *but not Internet Explorer*), type 'Mississippi State University' into the school name, and they'll be taken to the landing page to get signed up.



**NO SCOOTERS, SKATEBOARDS
OR BICYCLES CAN BE RIDDEN OR
PARKED INSIDE BUILDINGS.**

MSU Post Office

All students residing on campus are strongly encouraged to have a United States Postal Service (USPS) box to receive mail and packages sent via the carrier. To obtain a box, a student must complete an application and turn it in to USPS staff. Two forms of identification are required to apply. Students may also apply online at **usps.com** using zip code 39762. Fees begin at \$65, depending on the box size, and two keys are provided to each box holder.

The Post Office is open 24 hours for students to access their post office box, but packages need to be picked up during normal retail hours.

LOOK UP AND LOOK OUT

PEDESTRIANS: ALWAYS USE CROSSWALKS.
PUT DOWN YOUR PHONE. BE ALERT.



MISSISSIPPI STATE
UNIVERSITY

LOOKUP.MSSTATE.EDU



Emergency Management

Help your student stay weather aware by encouraging your student to register for the Maroon Alert System. The Maroon Alert System includes several methods of notifying the university community that an emergency exists or is developing. Maroon Alerts are only sent for emergencies or periodic tests.

Students can register by following these steps:

- Log in to my.msstate.edu with your MSU NetID & NetPassword.
- Click the three bars on the left side of the page to open the menu.
- Click “Banner” and then click the “Personal Information” tab.
- Click “Update Your Maroon Alert Information” to verify your enrollment and contact information. You may also log into the Everbridge Portal to conduct a self-test.

Families and friends can sign up for Maroon Alert by texting “MAROONALERT” to **888777**. This keyword is not case-sensitive.



MAROON FAMILY *Alliance*

Would you like to make an impact on your student's Mississippi State experience and represent Bulldog Families just like you?

We would like to personally invite you to become an **inaugural member** of our Maroon Family Alliance. The Maroon Family Alliance will financially support programs and events that enhance your student's experience and our campus community as a whole.

The Maroon Family Alliance will meet on a Friday afternoon in both the fall and spring semesters. During these meetings, members will tour some of Mississippi State's top facilities, learn about innovative programs, hear from dynamic faculty and administrators. Most importantly, members will decide as a group how Maroon Family Alliance funds will be used to strengthen Mississippi State University and its Division of Student Affairs. It is a special way for parents and families to become connected with key University members

and other Bulldog families.

You can be a part of the Maroon Family Alliance by following the “**JOIN NOW**” link below to make your annual contribution of \$2,500. You may also call Jana Berkery, Director of Development, at 662.325.9129 to make your contribution by phone. Visit **[MFA.MSSTATE.EDU](https://mfa.msstate.edu)** for more information and we look forward to working with the new Mississippi State Maroon Family Alliance!

Join Now

Visit us on social media and at **family.msstate.edu**.
Make sure you mention **#MSStateFamily** when you make a post.



Office of Parent and Family Services | 662.325.3611 | family@msstate.edu

MSU Office of Parent and Family Services | 195 Lee Boulevard, Mississippi State, MS 39762

[Unsubscribe family@msstate.edu](#)

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