



**MISSISSIPPI STATE**  
UNIVERSITY™

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](#).



The Dean of Students Office would like  
invite all students for popcorn hour!

**FREE**

**2:00 PM**  
**EVERY FRIDAY**  
**1ST FLOOR YMCA BUILDING**



**COWBELL CONNECTIONS**



# Dear Mississippi State Parents and Family Members,

We are grateful you have entrusted us to assist your student in navigating this phase of their life's journey and your student's health, safety, and well-being is of primary importance to everyone on campus. To that end, we have many resources devoted to assisting your student in achieving their optimum health and well-being which are being highlighted here in this month's newsletter. From recreational activities to personal counseling services to student healthcare, we are actively engaging your student in health and well-being related information and activities.

Of note, please be aware of the services provided by our Student Counseling Center to include individual & group counseling and workshops. More information about these services can be found at [counseling.msstate.edu](https://counseling.msstate.edu). Additionally, you can visit our resource page on the Counseling Center website that includes more campus, community, and national mental health resources. Importantly, this fall we are launching the **MySSP app** (available in Apple & Android systems) which will provide the following services to all Mississippi State students:

- 24/7 access to licensed counselors regardless of where the student is currently located, through both text and phone.
- Ability to use the app to make appointments for in person counseling.
- Access to health and well-being virtual classes.
- Free fitness tracker and guide to improving overall health.

We also are continually evaluating how to help our campus be as safe as possible and it is an obligation, we all take very seriously, and hope your student does as well. We all contribute to campus safety and here are a few things your student can do to ensure their personal safety:

- Lock their residence hall rooms and vehicles, always.
- Do not leave their personal items unattended in the library, dining halls, etc.
- Walk with someone else at night or call Safe Walk at 662-325-2121 for an escort.
- Always be aware of their surroundings by leaving headphones off and looking up from phones/electronic devices when walking, crossing the road, etc.
- Use Maroon Alert as the primary source of emergency information on campus.
- Download the **Everbridge app** to their phones and login to the Mississippi State feed.

Students who are healthy, well, and have a safe environment to live, study, and learn are more likely to succeed in their academic & social pursuits so we look forward to engaging your student in these efforts.

## Hail State!

Regina Young Hyatt, Ph.D.  
Vice President for Student Affairs  
[regina.hyatt@msstate.edu](mailto:regina.hyatt@msstate.edu)

## IMPORTANT DATES

### 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)

### September 28

First progress grade reporting deadline  
(30th class day)

### October 6

Last day to drop a course with a W grade  
(36th class day) 5:00 p.m.

### October 13 and 14

Fall Break – no classes scheduled  
(subject to change)

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 Mississippi State 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 Mississippi State 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:

- Mississippi State Family Club Padfolio
- Family Programming Support

Join Today



## *Register* **NOW**

Join us for **Bulldog Family Weekend!**

Bulldog Family Weekend will be held **October 21-23, 2022**. Mississippi State 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.

*Registration will close October 7.*

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 Mississippi State Parent and Family website, social media pages, and the Cowbell Connections email newsletter.

Learn More





# MENTAL HEALTH & WELLNESS:

## *A Guide for Families*

Every day, your student is experiencing something new or learning more about themselves than ever before. They are taking on new interests, meeting new people, and hopefully branching out more. While this is all a part of maturing, it can also be overwhelming and very stressful for your young adult.

Anxiety, fear of being left out, feelings of confusion, and much more can set in. Your student can benefit greatly by feeling supported and understood throughout their journey. Here are a few suggestions on how you can support your student while at Mississippi State:

**Stay connected.** Listen to your students and reach out with words of encouragement. Often times, students just need little reminders from home that they are heard.

**Ask questions.** Show interest in what your students are doing even if you aren't very familiar with it. Example: You may not have one clue what your student just told you about their chemistry project but asking questions will help you learn more and help your student feel connected.

**Allow your student to set the agenda for conversations.** Be willing to discuss anything and everything with your student but let them lead the conversation. If your student is upset about something, let them open up without being pushed but remind them, you care for them and are available to listen whenever they are ready to talk.

**Expect change.** Your relationship with your student will continue to change as your student develops their own independence. Be willing to accept that change will happen. Praise your student when you recognize the good changes and be willing to chat with your student about the concerning changes.

**Autonomy and responsibility.** Be flexible. Your student is developing into a young adult and will go through various stages throughout their college years.



## HEALTH, WELLNESS, & SAFETY

The **Department of Health Promotion and Wellness** (HPW) understands health and well-being are essential for student success, engagement, and retention, which are all integral to the core business of the university. Education and awareness are cornerstones of prevention and recovery support. Mississippi State has implemented various prevention measures to promote responsible decision-making, reduce the likelihood of harm, and support the creation of a healthier campus culture.

The transition to college life comes with all sorts of challenges, but we are here to create a culture of well-being for our students. Our mission is to collaborate with campus and community

partners to provide student experiences that lead to holistic life-long well-being. Students can contact us at 662.325.2090 or [healthpromotion@msstate.edu](mailto:healthpromotion@msstate.edu) to learn about upcoming events or if they need prevention and/or recovery support information.

Visit **Healthy is the New Happy | Health Promotion** to learn more about HPW.

We hope you will take time to listen to the podcast provided by College Parent Central that discusses college students, mental health, and your role as a parent. Note: This podcast was recorded during the transition of the COVID pandemic, but valuable content is discussed.



## STUDENT COUNSELING *Services*

**Student Counseling Services** (SCS) offers a variety of **free and confidential** mental health services to support students. SCS provides virtual screening for students to be matched with mental health services specific to their needs. The virtual waiting room is available Monday-Friday, 9:00 a.m. - 4:00 p.m. For questions or concerns, students should call 662.325.2091 during regular business hours. After-hours crisis services remain available at 662.325.2091.

Students should come ready to talk about their goals! Student Counseling Services clinicians will help students pick from a menu of services to help get them where they want to be.

**Let's Talk** is an outreach program that offers students convenient access to brief informal consultations with a Student Counseling Center clinician at different sites across campus. Mississippi State students are encouraged to visit and talk about what is important to them during a 15-20-minute conversation.

Clinicians will listen to your student's concerns and may offer support, information, and resources. Consultations are free and confidential. No appointment is necessary as students are seen on a first-come, first-serve basis.

**Let's Talk** clinicians may provide insights, solutions, and information about other resources to address concerns such as:

- Academic struggles
- Relationship and family issues
- Financial concerns
- Stress
- Transitional anxiety
- Feeling sad

**Let's Talk** is not a substitute for individual therapy or other mental health treatment. A **Let's Talk** consultation helps a student know what it might be like to speak with a clinician and may help a student decide whether formal therapy at SCS may be beneficial.





## LONGEST STUDENT *Health Center*

Mississippi State has its very own **Health Center** located conveniently on-campus. Walk-ins are allowed, but making an appointment is preferable. However, if a student needs immediate attention, emergencies will always take precedent.

The **Longest Student 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.

If a student has been seen by an allergist and prescribed allergy injections, the **Health Center** can obtain that information from their allergist and arrange to administer those injections in the clinic. Students can simply call and ask for an appointment in the allergy clinic.

Help your student stay healthy by encouraging:

- regular exercise, at least 4-5 times a week for 30 minutes
- healthy eating habits
- lots of sleep
- smart choices



## DON'T WALK ALONE

## MSU CAMPUS POLICE

### **Safe Walk**

Safe Walk provides our students with a safe walking service at night for students who would like assistance walking to their cars or buildings. Upon request, a Security Officer will be sent to walk students to their destination. They are equipped with two-way radios and wear reflective vests.



In addition, they patrol the campus on foot and golf carts in an effort to provide an extra set of eyes and ears for the **Mississippi State Police Department (MSU PD)** and report any activities that the police need to respond to.

Students can contact the **MSU PD** for this service by calling or texting **662.325.2121**.  
This service is available 7 days a week from dusk until dawn.

### **Emergency Blue Light Phone Information**

As an added security measure, “Emergency Blue Light” non-dial, outdoor emergency telephones are located at strategic points throughout campus. The phones are easily identified by their distinctive blue lights that can be seen both day and night.

When the button is activated/pushed or the receiver is lifted, the caller is immediately placed in contact with MSU PD Dispatch Center. In addition to providing voice contact with a police dispatcher, the dispatcher will also know the caller’s precise location. These Emergency Blue Light phones are checked regularly by MSU PD personnel and are for emergency use only.

### **Self Defense**

MSU PD now offers self-defense as a college credit course. The course is available for both men and women in the Fall and Spring semesters. If you know a student that needs an extra elective and wants to learn self-defense, have them reach out to Cpl. Chantel Solis McCoy at 662.325.9149 or **crimeprevention@police.msstate.edu**.

If there is a student who cannot register for the college credit course but still would like to learn self-defense, MSU PD offers FREE self-defense classes throughout the semester. After completing the class, each participant will receive a FREE self-defense key chain. Class dates will be posted on Social Media and throughout campus in residence halls.

### **Property Inventory Form**

Please have your student register their personal property with MSU PD by completing the **Personal Inventory Form**. This form will serve as a tool in the event that any property is lost or stolen. This form includes all the information that the responding officer needs for their report. Students are free to add as many items as they'd like. Vehicles, bicycles, cell phones, laptops, smart tablets, cameras, calculators, stereos, TVs, sporting equipment, power tools, projectors, jewelry, and gaming systems are a few examples of items that can be included. Please encourage you student to save a copy of their submission for their records.



# **EMERGENCY** *Plan*

### **Emergency Plan**

Mississippi State's community is filled with a variety of students living on and off campus. Since this will be the first time many of our students will be living away from home, we want to encourage each student to make good decisions that will ensure academic success and enhance personal safety.

Severe weather occurs throughout the year in Mississippi. Faculty, staff, and students are encouraged to always be aware of changing weather conditions and take the necessary



precautions to stay safe.

**Maroon Alert** is the best way for faculty, staff, and students to stay informed and receive official university instructions during an emergency. Families who wish to stay up-to-date regarding campus emergencies can follow **@maroonalert** on Twitter or visit the **Mississippi State** homepage for web banner updates.

To help campus prepare for weather alerts, severe weather warning sirens are tested at noon on the first Tuesday of each month. Siren tests are only conducted during good weather. If a test is not possible on the first Tuesday, it may be conducted on the second Tuesday.

### **What do students need to do if a tornado warning is issued?**

- Move quickly to a room with few or no windows, preferably in the lower level of a building.
- Cover your head and wait for the tornado warning to pass.
- Do not attempt to drive during severe weather.

*Students living off-campus should know where their safe zone is prior to a weather emergency.*

Email [ready@msstate.edu](mailto:ready@msstate.edu) if you have any questions or need guidance.



The **Center for America's Veterans** honors the legacy of the 1943 Mississippi State alumnus and 15-term U.S. congressman who authored the Montgomery G.I. Bill, Gillespie V. "Sonny" Montgomery.

The Center is recognized as a national leader in providing individualized and comprehensive support through focused programs and services. The services and amenities are designed to ensure all Mississippi State military connected students have a successful transition into academic life and beyond.

### **Services**

- Veteran Affairs Educational Benefits (G.I. Bill), counseling and processing
- Processing of all VA medical, disability, and other claims
- Scholarship opportunities
- Out-of-State Tuition Waiver
- Priority registration (G.I. Bill recipients)

### **Amenities**

- Computer lab
- Private study rooms
- Complimentary printing, copying, faxing, and scanning
- Student lounge with television and dining area with kitchenette
- Multipurpose meeting room
- Student Veterans Association (SVA) office

There are numerous opportunities available through the Center to help students find their fit at Mississippi State. Our programs and initiatives serve a variety of interests.

### **Student Veteran Association**

As one of the largest student organizations on campus, the SVA exists to serve Mississippi State's military connected student population by strengthening ties between the veteran and higher education communities. It also provides opportunities for campus and community involvement.

### **Mississippi State's Veterans Horsemanship Program**

An 8-week program offered in the fall and spring to area veterans to promote wellness. Participants learn about horse behavior, horse care, grooming, equipment, and natural horsemanship methods.

### **VetFit**

A fitness program available to veterans and dependents.

### **Librarian on the Loose**

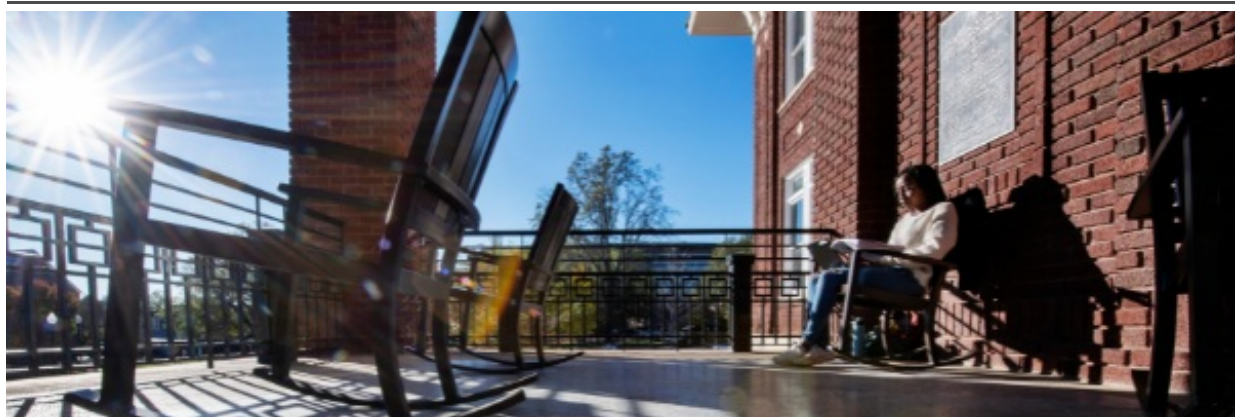
A Mississippi State librarian is available at the Center every Wednesday from **10:30 a.m. to 12:30 p.m.** to assist students in their writing and research efforts.

### **Career Development**

Our Senior Coordinator from the Career Center is available every Wednesday from **2:00 p.m. to 4:00 p.m.** to assist with career development needs.

Other events and programs include monthly financial seminars, veteran and military appreciation events, service projects, and other outdoor related activities.

The staff welcomes the opportunity to assist students transitioning into college life. The **Center for America's Veterans** doors are open from **8 a.m. to 8 p.m.** during the semester.



## **COLLEGIATE RECOVERY** *Community*

Mississippi State houses one of the most holistic and encompassing **Collegiate Recovery Community's (CRC)** in the Southeast and the Nation. The **CRC** program supports students that are in recovery from alcohol, other drugs and process addictions. With the preventative measures on campus through our Alcohol and Other Drug Prevention team, our highest hope is that a student will never have to suffer the negative repercussions that come with a substance use disorder.

The **CRC** at Mississippi State hosts a wide array of events to normalize the recovering college experience - anonymous meetings, back to school socials, graduation celebrations, family weekends, sober tailgates, speaking events, de-stressor activities and life skills workshops.

No student should ever feel that they are alone. They can achieve recovery and academic success at Mississippi State. From our family to yours, know that it "takes a family" and that your student is never alone in their collegiate journey. If there is ever any way we can support your student please reach out to us at 662.325.3192 or visit our website for more information at **[recovery.msstate.edu](http://recovery.msstate.edu)**.





# UNIVERSITY RECREATION

## Benefits of an Active Lifestyle

Students who participate in collegiate recreational opportunities experience a number of benefits from being physically active, including increased retention rates and improved health and wellness. Those who participate often and in a range of activities benefit even more. An active lifestyle can also contribute to reduced stress and anxiety, improved self-confidence, better sleep, and more mental clarity and focus.

Mississippi State offers a wide variety of sports and recreation opportunities, such as traditional intramural sports, group exercise classes, and adventure trips. Whether students want to continue playing the sports they played in high school, take up new hobbies like ballroom dancing, or simply stay in shape and relieve stress, Mississippi State has the people, programs, and facilities to make it happen.

Encourage your student to visit the Sanderson Center's website at [University Recreation](#) to learn what programs and activities are offered to help make health a priority.



# MSU FOOD SECURITY *Network*

Mississippi State offers several resources for students who may be experiencing food insecurity. Nationally, approximately 30% of college students experience food insecurity during their enrollment. We want you to be aware of the resources available to all students via our Food Security Network.

## **Bully's Closet and Pantry (BCP)**

120 Morgan Avenue on campus  
9:30 a.m. to 6 p.m.



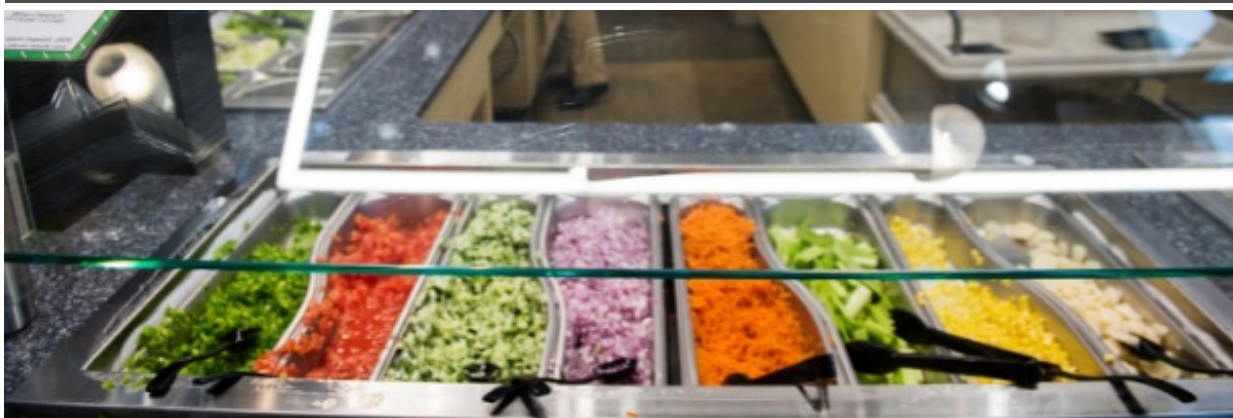
BCP offers nutritious food, necessities like toiletry items, household goods, school supplies, and professional clothing for students in need. Students can access BCP every weekday. Walk-ins are welcome during hours of operations.

### **Maroon Meals**

Maroon Meals is a text notification system informing students of the availability of free food on campus, including the type of food available, location, and length of time available. The steps for students to enroll are simple.

1. Download the myState app and log in with their Mississippi State NetID and NetPassword.
2. Under the Student, Faculty, and Staff section, students will visit the Notification Sign-Up.
3. Turn the Maroon Meals slider to the "on" position and press Save. Students will need to make sure that notifications are enabled for the myState app on their phone.

Students with a valid Mississippi State ID can access any of these programs directly. Referrals can also be made via [\*\*blockbyblock@msstate.edu\*\*](mailto:blockbyblock@msstate.edu).



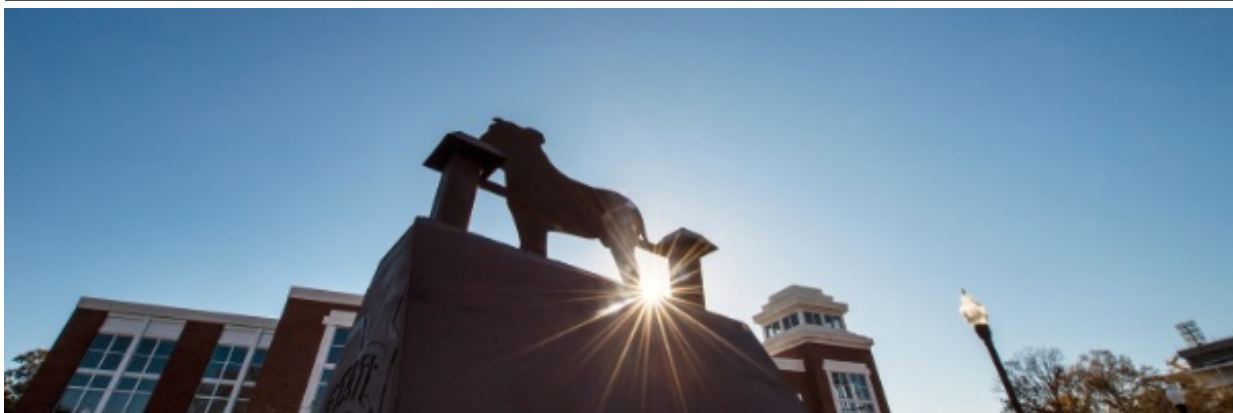
## **DIETARY HEALTH NEEDS**

**Mississippi State Dining Services** supports students who have food allergies by providing information and knowledge that is necessary for a student to make informed food choices at each dining location. The dining staff considers each individual student's personal dietary needs to make every effort in providing helpful information to students with food allergies.

The goal of Mississippi State Dining Services is to provide students with the tools they need to be active in the management of their food allergy or food-related medical condition while eating on campus. Students needing to develop a plan that fits their dietary needs can contact Mississippi State's Dining Registered Dietitian, Jill Hamilton - [\*\*jill1@aramark.com\*\*](mailto:jill1@aramark.com).

Students are able to view menus for all dining halls at [\*\*dining.msstate.edu\*\*](http://dining.msstate.edu). Menu identifiers show calorie amount, vegan or vegetarian dishes, and healthy options, while also providing nutrition information. Students who need additional assistance at a dining hall are encouraged to speak with the head chef.

To set up an appointment, students should email [\*\*pichardo-andrea@aramark.com\*\*](mailto:pichardo-andrea@aramark.com).





# Special ANNOUNCEMENTS

## August Issue of our e-Newsletter

In our August e-Newsletter, we provided information on various topics that included:

- Academic Resources
- Expectations in a New Semester
- Parking and Transit
- Refunds
- Student Loans

If you would like to view the August e-Newsletter, please visit [\*\*Get Connected\*\*](#).

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## Conversation Starters

Take time this month to ask your students the following questions:

1. What's a typical day like for you?
2. How are you managing your assignments? (*Encourage using a planner.*)
3. How comfortable are you with your schedule?
4. Which classes do you look forward to? Why?
5. How are you meeting people?
6. What are you doing for self-care? (*Share the resources mentioned above.*)

## 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 Camp (In person on campus)
- ✓ Step 5 - Start Classes!



## Upcoming Events

### CRC Sober Tailgate

Saturday, September 3 | 12:00 p.m.

CRC House | 205 Famous Maroon Band Street

Students are invited to join Health Promotion & Wellness and the Collegiate Recovery Community at their first home game sober tailgate. The tailgate will be available for students throughout the football season before and during the game. Free food will be provided.

### Let's Talk

Wednesdays | 6:00 p.m.

Colvard Student Union Room 329

A weekly safe space created for diverse student populations to engage in peer-led discussions on matters related to mental health, student stressors, and day-to-day experiences that may influence their academic journey at Mississippi State.

### Volunteer with the Maroon Volunteer Center

Thursday, September 8 | 10:30 a.m.

Drill Field

Students are encouraged to join the Maroon Volunteer Center on the Drill Field to learn more about volunteering! Students can learn what the MVC does and how they can help students engage with the campus and community.

### Welcome Back Cookout

Thursday, September 8 | 11:00 a.m.

Center for America's Veterans

The Center for America's Veterans would like to welcome all Veterans and Military-connected students to Mississippi State with their Welcome Back Cookout.

### 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

### Alumni Delegate Tuition Drawing:

The Mississippi State University Alumni Delegates will hold its 18th Tuition Drawing in November! Any student returning for the spring 2023 semester are eligible to enter. The winner of the drawing will receive **one in-state semester** at Mississippi State paid in full.

Tickets can be purchased online through the [Alumni Association](#) by November 3. The winning ticket will be drawn on November 10, 2022, and the winner will be announced on the Mississippi State Alumni Association's social media accounts (@msstatealumni) following Prize Patrol the week of November 14.



### Mississippi State Class Ring Days

We encourage your student to be a part of the time-honored Mississippi State ring tradition during Ring Days [September 20-22] at the Hunter Henry Center. During Mississippi State Ring Days, students will have the opportunity to view all ring designs, try on rings, be sized, and have the opportunity to ask questions before ordering. Students who order an official class ring are invited to participate in the Class Ring Ceremony at the Chapel of Memories on December 2. Class Rings are presented to participants by Mississippi State President Mark E. Keenum.

For more information, please visit [alumni.msstate.edu/classring](https://alumni.msstate.edu/classring) to keep “ringing” in this special tradition. Contact our staff at the Mississippi State Alumni Association with more questions at [tcarter@alumni.msstate.edu](mailto:tcarter@alumni.msstate.edu) or 662.325.7000.





# 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 a 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](http://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](http://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](mailto:family@msstate.edu)

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

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