



Framingham State University

# PARENT & FAMILY CONNECTION



**FALL 2019**

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FSU PARENT AND  
FAMILY  
NEWSLETTER

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## Greetings Parents and Families!

Welcome to the Parent and Family Connection Newsletter. Our objective is to provide you with current and relevant information pertaining to your first-year student at Framingham State University. We will release issues throughout the year to keep you in the loop about all that's happening at FSU! Whether it be initiatives, important resources or events, you'll find them here. Through reading this newsletter you'll find yourself more involved and informed with important information you can pass onto your first-year student. We consider you our partners in ensuring your student has a positive, successful experience here at FSU and thank you for all that you do to help your first-year students throughout the year!

Thank you,

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## Important Dates

### **Last Day of Classes (Fall Semester):**

December 13, 2019

### **Final Exams Begin:**

December 16, 2019

### **Final Exams End:**

December 16, 2019

### **Final Resident Move-out Day:**

December 20, 2019

### **Resident Move-in Day (Spring Semester):**

Monday, January 20, 2020

### **Classes Resume:**

Tuesday, January 21, 2020



# Positive Affirmations and Practices Through Final Exams



The end of the semester at Framingham State University means that exam season is upon us! We recognize that this can be a stressful time for first-year students and parents alike. Final exams hold a different level of significance for each student and as a result, they all feel varying levels of stress. Below are just a few of the suggestions you can make to help your student get through their first set of final exams regardless of their dependence on the grade.

## Plan Ahead

Encourage your student to map out and execute a study plan! Students should begin studying for their exams somewhere between 3 to 4 days before the actual test. It's critical for especially busy students (athletes, club members, employees) to take a look at their schedule and carve out study time in advance. Many students find that they have a multitude of projects and tests due at the end of semester without even putting final exams into consideration. Planning out how they'll use their time is essential in appropriately balancing all of their assignments. Late night or last-minute study sessions typically turn into an overall lack of sleep and elevated stress levels.

## Pick the Right Location

Ask your student if they have somewhere they can study and are confident in their ability to focus. Many students decide to study in their rooms because it's the easiest choice. However, distractions (whether they be a nearby TV, roommates, or a nap) are much more likely to arise. Further limit potential interruptions by putting away cell phones or other electronics that aren't being used in the studying process. Encourage your student to take a trip to the library or one of the seating areas in the lab for additional privacy. Residential halls have common areas students are free to use.

## Stay in the Present

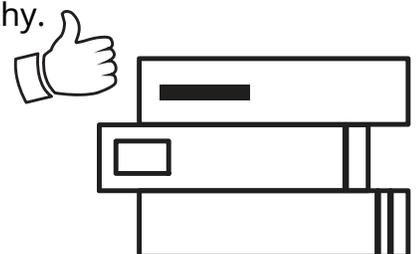
It's not uncommon for students to feel consumed by worrisome thoughts regarding the outcome of their final exams. Remind them to take deep breaths and stay in the present moment about what might happen. Fact-checking worst-case scenarios is a great way to help students separate their thoughts from reality.

## Identify Room for Improvement

If your student feels discouraged after taking an exam or receiving a poor grade, helping them prepare for next time is just as important as showing them empathy.

Direct the conversation towards them by asking things like "What do you think you could've done differently?" or use positive affirmations like "I believe you are smart enough to do better".

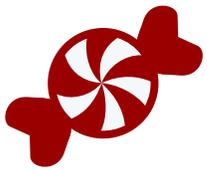
It's okay for students to feel upset and identifying study habits or preparation techniques that were ineffective this time can improve their performance on the next important test.



# A Care Package That Counts



While it certainly isn't a requirement, many parents and family members enjoy sending their first-year students care packages to help them through exams. It's a great way to show your first-year some extra love during an especially stressful time. Here are a few fun and helpful ideas to include!



**Mints** are a great item to include in a care package! A study published in the International Journal of Neuroscience revealed that participants exposed to peppermint oil experienced enhanced memory and processing speed. Peppermint also increases alertness while helping to maintain a sense of calm.



**Games and toys** provide a fun way for students to relieve some of the stress associated with final exams. Things like cards, stress balls, silly putty, and slinkies are great additions to any care package for a hard working student!



**Studying supplies** don't have to be a boring part of the process. Include brightly colored highlighters and pencils or fun stickers. Making your student's studying process more enjoyable will make it much easier for them to power through and get their work done!



**Healthy snacks** are a huge part of students fueling themselves for exams. While you can't control the choices they make in the dining hall, you can take this opportunity to send them snacks they enjoy but may not purchase for themselves like dried fruit, nuts, oatmeal, or granola bars.

# Helpful Thoughts and Tips as the Semester Comes to a Close:

Your first-year students have been working hard to navigate campus life, form new friendships, and maintain the best grades possible. It's important to provide them with all of the support they need and remind them of how much they have already accomplished!

Remind your first-year student that this is only the beginning. College-level courses and grading styles take getting used to and it's not unusual for students to notice a difference in comparison to their high school grades. If they feel disappointed in their final exam grades or overall academic performance, encourage them to set goals to improve next semester. This is only the first chapter of their college career and there are plenty of opportunities for improvement on the horizon!

**If you are interested in learning more about any of the topics discussed in this edition of the newsletter, click either of the blue links below :**

## [Effective Study Habits to Communicate](#)

Great suggestions on positive study habits parents can encourage their students to follow for the best final exam experience possible.

## [Care Package Ideas](#)

creative and fun things to send students to keep them motivated and help them relax during exam season.



To address any further questions or concerns, please refer to our contact information. We hope that you enjoy winter break with your students!

Best,

The New Student and Family Programs Department