



Welcome Back to MSU!

Every year the Department of Student Life publishes the Success @ State newsletter series for MSU students and their families (also available on our website at studentlife.msu.edu). These newsletters are designed to assist you as you transition back to life as a Spartan. This edition of Success @ State is designed specifically for students (and their families) in their second year at Michigan State. You undoubtedly learned a great deal during your first year, but there will be some new challenges this coming year. Welcome back...we are glad you have chosen to continue as a Spartan!



studentlife.msu.edu

Don't miss

Fall Welcome Spartan SPECTACULAR!

Tuesday, August 28, 2018

5-10 p.m. at Cherry Lane Field

(the field located on the corner of Shaw Lane & Harrison Rd.)

Rain location will be the Breslin Student

Events Center & Munn Ice Arena

For more information visit

fallwelcome.msu.edu

Spartan Money Smarts

Tuition, books, recreation, food... it all costs money. There is no single answer to questions about money and how much it costs to be a student at MSU, but there are some general guidelines that may help you in making financial decisions.

MAKE A LIST OF ANTICIPATED EXPENSES. From this list, families should decide which are covered by the student, which by the parent/guardian, etc. There is no one right answer to who should pay for which part of college, but knowing ahead of time may alleviate a lot of tension later.

CREDIT CARDS. Students will receive countless offers to get a credit card. Some students find credit cards a safe and convenient means of payment. Others, however, (if not careful) find themselves owing significant money to the credit card companies. As such, students and parents are encouraged to discuss credit card use prior to arrival on campus. In cases where a student obtains credit cards for "emergencies", everyone

should agree what constitutes an emergency.

WORKING WHILE ENROLLED IN SCHOOL. The decision to work depends on a variety of factors such as class load, job demands, financial needs, and the individual student. Students who are good at time management and take no more than 15 credit hours per semester may be able to work between ten to twenty hours per week. In fact, research indicates that working less than twenty hours per week in an on-campus job helps students become better acquainted with the institution and complements their academic learning. Students are encouraged to make school their top priority. However, with proper time management, students can enjoy sufficient time to prepare for their classes, socialize, participate in extracurricular activities, and work.

To learn more about part-time student jobs, contact Career Services Network, 113 Student Services, (517) 353-9510, or visit their website at careernetwork.msu.edu.

How To...Get Involved!

Congratulations, you have successfully made it through your first year of college. Have you joined a Registered Student Organization yet? Have you become a part of ASMSU (your undergraduate student government)? Have you joined a chapter in MSU's Greek community? If you have answered "no" to these questions, the only remaining question is WHY NOT? Involvement in student groups can provide you with great opportunities to meet new friends, assume leadership positions, and apply what you are learning in classes to real-life issues.

If you are interested in getting involved, but not sure how to go about it, check out the list of Registered Student Organizations that is available on the Department of Student Life's website at studentlife.msu.edu. The list has contact information for most of the over 900 organizations. Would you rather meet with some of the organizations' membership in-person? Then plan to attend Fall Welcome Spartan Spectacular from 5-10 p.m. at Cherry Lane Field (the field located on the corner of Shaw Lane & Harrison Rd.) on Tuesday, August 28 to be a part of Sparticulation '18. Rain location will be the Breslin Student Events Center & Munn Ice Arena. For Spartan Spectacular event updates please check the fallwelcome.msu.edu website.



NEWS FOR OUR SOPHOMORE STUDENTS

Visit fallwelcome.msu.edu for information on all Fall Welcome Activities



Department of Student Life
MICHIGAN STATE UNIVERSITY

Success @ State
AUGUST 2018

SPARTANS WILL.



GET CONNECTED!



Visit fallwelcome.msu.edu for information on all Fall Welcome Activities



Learning Outside The Classroom

Being a student is not just about taking classes and fulfilling degree requirements. It's about becoming involved in your whole undergraduate experience. There are many ways for you to enhance your employability, develop marketable skills, and prepare for a career by learning outside of the classroom. Be sure to take advantage of these opportunities!

STUDENT ORGANIZATIONS:

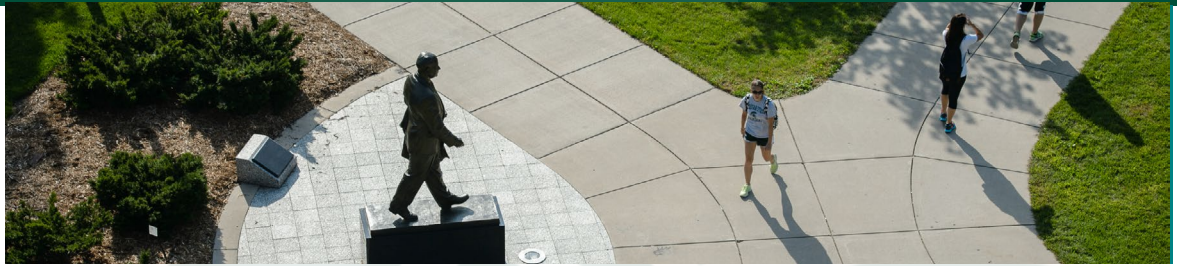
Try joining one of the hundreds of student organizations on campus. It's a great way to meet people, develop special interests and gain leadership skills. A complete list of student organizations on campus is available from the Department of Student Life at studentlife.msu.edu.

EDUCATION ABROAD:

With over 275 programs on every continent – from Asia to Antarctica – education abroad can give your degree an international edge. MSU offers a broad range of learning experiences far beyond the borders of East Lansing in more than 60 different countries. Programs are available every semester (including winter and spring breaks) and offer a diverse selection of courses – making it possible for any major to participate! Internships and service-learning models will allow you to get hands-on experience that will contribute to the local culture and provide reflection on your professional development. You'll have the experience of a lifetime while acquiring independence, self-confidence and global awareness. Visit educationabroad.msu.edu for more information.

ContactMSU

University directory and information services (ContactMSU) staff are available to help you navigate campus, find the information you need, learn about events, or connect



you with departments, individual staff or students with published numbers. Their service is available 24 hours a day, 365 days a year. You may reach them at contactmsu@msu.edu, (517) 355-1855 or by dialing 0 from campus phones. The directory that the ContactMSU staff utilize is also populated by the contact information stored within the University's staff and student databases.

Don't Miss This Opportunity to Showcase Your Talents



The annual University Undergraduate Research and Arts Forum (UURAF) provides Michigan State undergraduate students with an opportunity to showcase their scholarship and creative activity. Held each spring in the historic MSU Union, UURAF brings together an intellectual community of highly motivated students to share their work with faculty, peers, and external audiences. UURAF provides a unique educational opportunity for aspiring researchers. MSU undergraduates gain experience in presenting their research, answer questions about their work from audience members and guests, and receive constructive feedback from judges.

For more information, go to urca.msu.edu/uuraf or email ugrsrch@msu.edu.

Wellness Matters for Personal & Academic Success

To all our returning MSU students, we want to say "welcome back to another exciting year"! By now you are probably aware that successful transition to college isn't just about academics. And as a returning student, you may have experienced firsthand or know of classmates who had health problems or challenges that made it difficult for them to attend class, concentrate or complete assignments on time and whose grades suffered as a result. Indeed, it is the loss of a student's health (physical or emotional) or sense of safety (physical or emotional) that can most significantly impact a student's ability to be truly successful academically. Every 2 years we conduct a campus wide survey called the National Collegiate Health Assessment (NCHA) survey. This survey asks questions about the health and wellness behaviors, perceptions and concerns of MSU students that have impacted their health and/or academics. Through this information gathering we are able to provide you information, resources and tools to ensure your personal and academic success while at MSU. For example, something as simple as a cold or flu can cause one to miss class or not complete homework. Indeed, NCHA results show: 44% of MSU students reported having had a cold or flu in the last academic year; and, several stated that had a negative impact on their academics. A simple preventative measure for you in the upcoming year? Wash your hands, and cover your mouth when you cough. Other health

concerns are more complicated, and their impact even stronger: 70% of MSU students stated they were affected by stress (to the point of feeling overwhelmed at least once during the year); 27% reported that their academic performance was negatively impacted by stress. Did you know that you can help yourself decrease stress and help manage it better through simple strategies such as using a planner, not falling behind on assignments and scheduling regular activities such as exercise, talking issues over with family and friends, getting enough sleep, etc.

The results from NCHA 2016 are highlighted in a brochure; I'm a Spartan-True Life: Wellness Matters for Personal and Academic Success. It is available online at olin.msu.edu/truelife/. Other topics covered include: Tobacco use, Nutrition, Physical Activity, Injury Prevention, Pregnancy Prevention, Sexually Transmitted Infection Prevention, Sexual Assault and Relationship Violence Prevention, Depression & Anxiety, Suicide Prevention, Alcohol & Drugs. Each topic has what MSU students say and do (perception vs. reality), why it matters and what you can do to help yourself or others. Be sure to check it out!

Our primary job and that of our colleagues here at MSU, is to help you, the student, to be academically and personally successful at MSU. We believe we can help you maximize your ability to do your academic best by providing the information and resources you need to help avoid and/or minimize the impact of health problems or poor lifestyle choices. We wish you a safe and healthy journey through your years at Michigan State University. Indeed, with this information, you can look forward to a successful, challenging, and exciting year ahead.



Connect Your Academic and Career Interests

Now that you've settled into life at State, it's a good time to explore ways to connect your academic and career interests. Take time to talk with your professors, advisors, and fellow students about majors, specializations and other areas of interest. If you're not sure about what you're interested

- Talk with faculty about their research and field experiences. Check out venture.msu.edu.
- Join a student organization related to your interests.
- Participate in Career Services "Career Exploration" events and business, non-profit, or government organization tours – find more information at careernetwork.msu.edu.
- Connect with alumni to get a sense of what others graduating in your major are doing now. Start by joining the SpartanLinks group in



in or have too many interests, you may want to meet with a Career Advisor to help you focus in on your purpose – what you're hoping to do or become. Set a career advising appointment at careernetwork.msu.edu by clicking the "make an appointment" button.

Prepare for Your Future!

- Get a job or internship on campus or in the local area to build critical career and workplace skills. Current openings are available 24/7 in your Handshake account found at the careernetwork.msu.edu website.
- Experiment with electives, Education Abroad, and Alternative Break programs.
- Go to a career fair or the graduate/professional school fair to get ideas or make early contacts.

LinkedIn.com with more than 18,000 members!

- Talk to professionals working in fields that interest you.

What is **Handshake**? It's your resource to part-time jobs, internships, career events and much, much more. Only for MSU students and recent grads, this website allows you to access job and internship postings, career fair information and career-related workshops. Log in to your **Handshake** account at careernetwork.msu.edu to create your profile, post your resume, apply for part-time jobs and internships, research employers, apply for summer jobs, manage your on-campus interviews, and access other career-related announcements and resources.

For more information about careers, internships and links to the latest career resources, visit the MSU Career Services Network online at careernetwork.msu.edu.

Living Off-Campus This Year?

Welcome to off-campus living. East Lansing is a wonderful community with a diverse mix of families, students and young professionals residing in close-knit, cozy neighborhoods. Many students live in East Lansing and other local communities.

Michigan State University and the City of East Lansing have worked together to enhance student-community relations and the connections between the university and city. As Spartans, we ask you to invest in the East Lansing community and treat it with the same respect and caring as you do your own hometown!

There will be many people supporting you while you live in the community. A few of your resources include:

- The City of East Lansing's dynamic website features information about city services, events and activities. Visit the section especially designed for students to learn about shopping and dining, arts and entertainment, as well as city ordinances and community resources. Visit cityofeastlansing.com to check it out!

- MSU's Housing Listing Service is a free service available to the MSU community that features multiple property listings and includes advanced search filters, a roommate finder, message boards, and educational resources. Visit offcampushousing.msu.edu to start your search.
- MSU's College Life: East Lansing website, collegelifeel.msu.edu, designed to help students learn about being involved in the community, as well as living off-campus. The site includes information about arts, entertainment, housing resources, transportation options and more.

Part of being a member of the community involves lots of opportunities and responsibilities. East Lansing and MSU ask all Spartans to:

- become involved in the community and invest in the resources, services and opportunities available.
- contribute to their community and give back through service. Learn about the opportunities at servicelearning.msu.edu or cityofeastlansing.com/volunteer.
- Remember that many families live a "first shift" lifestyle—up early, work/school during the day, and retire early. College students tend to have a "second shift" lifestyle where everything starts (and ends)

MSU Sustainability Be Spartan Green

At Michigan State University, green is more than a color. It's an attitude of personal responsibility and hard work that is shared by students, faculty, and staff who, through both small steps and big collective actions, show how daily intentional actions can make a big impact – and a better world.

Today, MSU is one of the world's top research universities and one of the nation's top sustainable campuses. And every day—through teaching, research, outreach, and campus innovation—Spartans are working to improve the quality of life at MSU and in communities around the globe.

Our actions are powered by more than a century-and-a-half commitment to empowering ordinary people to do extraordinary things. Working together we can move mountains—or preserve them for future generations.

There are plenty of opportunities for students to get involved in sustainability at MSU; visit bespartangreen.msu.edu to see how you can Be Spartan Green!

REMEMBER: WEDNESDAY
August 29, 2018
attend Monday Classes





later. Being aware of these differences can help avoid noise problems.

- Vote - check out msuvote.msu.edu to register.
- Get to know your neighbors so you'll feel more at home when living off-campus. Plus, knowing each other will help you resolve any problems or differences that may arise.
- Party responsibly and be aware of the potential impact on your neighbors and your neighborhood. Being responsible will help you avoid citations for noise, litter, parking, and public nuisance from the East Lansing Police Department.
- Be responsible when drinking alcoholic beverages. Remember that MIP's may go on your record permanently so it's not worth the risk if you are under 21.

As you begin to explore your involvement in the off-campus living, we encourage you to take a few minutes to learn more about the community you now call home.

Here are a few fun facts:

- East Lansing is a community of more than 48,000 people.
- East Lansing is a family town, with 3,900 students in K-12 schools.
- East Lansing is famous for its many festivals, including the Art Festival, Summer Solstice Jazz Festival and Great Lakes Folk Festival. Event information can be found at cityofeastlansing.com under the Community Events department.
- East Lansing is a community of neighborhoods. Each neighborhood is different and prides itself on unique characteristics. Find out which neighborhood you live in!

For additional information and resources on East Lansing and living off-campus, visit collegelife.msu.edu. Contact Community Liaison, Suchitra Webster, at hingwesu@msu.edu for assistance or with any specific questions you have.

Campus Bus Service

The Capital Area Transportation Authority (CATA) provides bus service to all of the greater Lansing area and to MSU. Campus service operates 24/7 during fall and spring semesters with service beginning Monday, August 27, 2018. Free on-campus bus service will be provided to all MSU students, faculty and staff. The fare-free rides apply to Routes 30-39 only. A cash fare or bus pass will be required to ride Lot Link, Night Owl or any off-campus route. Lot Link and Night Owl

are on-demand services that operate on campus in the evening and early morning. Students pay \$.60 a ride when they show their valid MSU ID on these services. Students wanting to purchase a bus pass instead of paying for each ride not included in the free-fare campus service have several bus pass options. Passes may be purchased online at cata.org or at the MSU ID Office located in the International Center. For specific information regarding CATA's routes and bus pass information, please call (517) 432-2282, visit CATA's website at cata.org or email us at info@cataorg.

MSU is an affirmative-action, equal-opportunity employer.

Quick Contacts

CAMPUS OPERATOR

(517) 355-1855

COUNSELING

Counseling and Psychiatric Services (CAPS)
(517) 355-8270
caps.msu.edu

CULTURAL ISSUES

Office of Cultural and Academic Transitions (OCAT)
(517) 353-7745
ocat.msu.edu

Mosaic: The Multicultural Unity Center
(517) 432-7153
mosaic.msu.edu

EAST LANSING HOUSING CODES

Code Enforcement & Neighborhood Conservation
(517) 319-6870
cityofeastlansing.com

FALL WELCOME

Department of Student Life
(517) 355-8286
fallwelcome.msu.edu

FINANCIAL AID

Office of Financial Aid
(517) 353-5940
finaid.msu.edu

FRATERNITIES/ SORORITIES

Department of Student Life
Greek Life - Fraternity & Sorority Life
(517) 355-8286
greeklife.msu.edu

GENERAL QUESTIONS/INFO

Department of Student Life
(517) 355-8286
studentlife.msu.edu

HEALTH

MSU Student Health & Wellness Services
(517) 884-6546
olin.msu.edu

LIBRARY

MSU Libraries
(517) 353-8700
lib.msu.edu

OMBUDSPERSON

Office of the Ombudsperson
(517) 353-8830
ombud.msu.edu

ON-CAMPUS HOUSING OPTIONS

Residence Education & Housing Services
(517) 884-5483
Toll Free (877) 954-8366
liveon.msu.edu

PARKING

MSU Police
(517) 355-8440
police.msu.edu

RECREATION

Recreational Sports and Fitness Services
IM Circle (517) 355-4710
IM East (517) 353-3136
IM West (517) 355-5250
recsports.msu.edu

RENTAL HOUSING

MSU College of Law Rental Housing Clinic
(517) 336-8088
law.msu.edu/clinics/housing.html

LEGAL QUESTIONS

ASMSU Legal Services
(517) 353-3716
asmsu.msu.edu/services/legal-services/

SAFETY

MSU Police (non-emergency)
(517) 355-2221
police.msu.edu

SPORTING EVENTS

Athletic Ticket Office
(517) 355-1610
msuspartans.com

STUDENT EMPLOYMENT

Career Services Network
(517) 355-9510
careernetwork.msu.edu

STUDENT ORGANIZATIONS

Department of Student Life
(517) 355-8286
studentlife.msu.edu

SUMMER COURSES OFF-CAMPUS

MSU Summer Study
(517) 355-3300
reg.msu.edu/ROInfo/summerstudy.aspx

WHARTON CENTER EVENTS

Wharton Center Box Office
(517) 432-2000
whartoncenter.com/events-tickets

Report your immunization history



The University requires all new undergraduate students to complete the Immunization Self-Report form at immunize.msu.edu/. Failure to complete this requirement will affect your ability to register and enroll. This information is helpful to the University in the delivery of routine healthcare and in the unlikely event of a disease outbreak.

Photos courtesy of MSU Communications and Brand Strategy