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!

Please see the Together-We-Will COVID-19 website for up-to-date information on COVID-19 at msu.edu/together-we-will/ and msu.edu/together-we-will/keeping-spartans-safe/.

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 Fraternity & Sorority 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 Involve@State website at msu.campuslabs.com/engage. The list has contact information for most of the over 900 organizations. Would you rather meet with some of the organizations’ membership? Join us for Spartan Spectacular, an event hosted over five days from Monday, August 31 to Friday, September 4, starting with our Fall Welcome Spartan Spectacular Kick-Off event followed by an innovative and virtual edition of SPARTICIPATION highlighting hundreds of student organizations, departments, programs, and sponsors. The event will also feature Spartan Showcase, a talent showcase event. We will also host Spartan Spirit, our pep rally event kicking off our athletic season highlighting our athletic teams, MSU marching band, and Sparty. The event will feature some new and spectacular components in addition to our traditional Spartan Spectacular events. A platform engagement tutorial demonstration will be hosted at the start of the event each day to provide strategies on navigating the virtual event platform. For Spartan Spectacular event updates please check the fallwelcome.msu.edu website.
We want to assist you as you navigate your remote learning environment. The following are some strategies that may assist you in studying remotely:

SUCCESS HABITS OF HIGHLY SUCCESSFUL REMOTE LEARNERS
• Be organized and set up a dedicated workspace
• Determine How You Learn Best
• Make a Schedule
• Be an Active Participant
• Stay Connected
• Have an Open Mind
• Ask Questions
• Hold Yourself Accountable
• Make A Study Plan
• Manage your time effectively
• Get out of bed when you are engaging in remote learning
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 Involve@State at msu.campuslabs.com/engage.

Contact MSU

University directory and information services (ContactMSU) staff are available to help you navigate campus, find the information you need, learn about events, or connect 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 on complete assignments on time and whose grades suffered as a result. Indeed, it is the loss of a student’s health (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. 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 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.

Visit fallwelcome.msu.edu for information on all Fall Welcome Activities
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 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.
- 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 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 internships, career events and 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 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, collegelifefeel.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 communityengagedlearning.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) 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.
- Be responsible 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.

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!
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 other festivals. 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 31, 2020. 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. Rides are requested by calling (517) 432-8888. 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@cata.org.

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**
Greeklife - Fraternity & Sorority Life  
(517) 884-4070  
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) 353-5716  
asmusu.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.

MSU is an affirmative-action, equal-opportunity employer.
FALL LEADERSHIP PROGRAMMING

Session 1

SEPTEMBER 25 THROUGH DECEMBER 4
Backpacks to Briefcases
Preparing students for life after college

FRIDAYS
12:00 - 1:30 PM (EST)
Join us for a professional development series designed to prepare students in a variety of transitional skills beyond college. The series incorporates several fun and interactive hands-on workshops with a focus on practical application of skill development.

OCTOBER 6 OR OCTOBER 8
SpartanEmerge

TUESDAYS OR THURSDAYS
7:00 - 8:30 PM (EST)
This program focuses on ethic & values, personal empowerment, interpersonal skills and public service. By participating in this 10 - session program students will further develop and understand their leadership style by identifying personal values, strengths, and areas of growth.

OCTOBER 14, NOVEMBER 11, NOVEMBER 18, DECEMBER 2
Spartan Global Connect

WEDNESDAY
12:00 - 1:00 PM (EST)
Join us for an interactive and engaging program to connect with other leaders and professionals. Workshops will include a variety of topics presented by international students and professionals. Program will also include virtual tours of international and domestic iconic landmarks.

Please click link to register, please complete the informational form at https://forms.gle/cKKisqhX1zJbBRCV9

Upon registration you will be sent a link to connect to the event.

COMMUTER/ OFF-CAMPUS STUDENT APPRECIATION DAY 2020

Please join us for Commuter/Off-Campus Student Appreciation Day on Thursday, October 1, 2020!

12:00 – 3:00 PM (EST)
Enjoy A Grab and Go Lunch
Check out the Student Life website for a listing of restaurants offering special coupons for Commuter/Off-Campus Appreciation Day. List will be posted on Wednesday, Sept. 30

1:00 – 1:30 PM (EST)
Campus Resources
Get information on campus resources

1:30 – 2:00 PM (EST)
Involve@State
Get information on how to sign up for Involve@State

2:00 – 2:45 PM (EST)
Engagement and Leadership Development Opportunities
Learn about engagement and leadership opportunities in Student Life

2:45 – 3:00 PM
Yoga and Meditation
Enjoy a yoga and meditation relaxation session

Registration information at https://forms.gle/fmDRRM56SL5PrF6XA

For more information, please contact Ms. Angelena Jones via email: jonesrh4@msu.edu