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!

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 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 4-8 p.m. at Cherry Lane Field (the field located on the corner of Shaw Lane & Harrison Rd.) on Tuesday, August 27 to be a part of Sparticipation ‘19. Rain location will be the Breslin Student Events Center & Munn Ice Arena. For more information visit fallwelcome.msu.edu.

Fall Welcome Spartan SPECTACULAR!

Tuesday, August 27, 2019
4-8 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

News for Our Sophomore Students

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

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.

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

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) late and goes on forever.

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!
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.

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 neighbors. 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 26, 2019. 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 offcampus route. Lot Link and Night Owl are on-demand services that operate on campus in the evening and early morning. 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 freefare 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@ cathool.com.

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.