



**Parent & Family Newsletter
September 2021**

Introduction from the Vice President for Student Affairs

Dear Parents and Family Members,

It is with extreme delight that I welcome you and your students to the 2021-2022 academic year! It has been a challenging 18 months and we have finally made it though it is not without some challenges remaining. However, I know with our dedicated team of professionals working closely with our students, we can get through this together. If nothing else,



The College of New Jersey is made up of extremely dedicated people who are committed to improving the educational experience of each and every student. I have witnessed these professionals give so freely to the point of exhaustion so that our students can return to a campus that is safe and vibrant.

I encourage the student body to engage with the challenges that lie before them, learn from one another, and ask questions. It is not lost on us that two classes are on the campus for the very first time with another class returning to campus after having a disruptive first year. So I ask parents and family members to work together with us in helping our students develop their resilience, their ability to bounce back. Encourage students to step outside their comfort zone. But additionally, we need to encourage our students to utilize the resources here on campus that they were unable to fully utilize the past two years. Connect with Career

& Leadership Development, secure an on-campus job, become involved in student government or other leadership opportunities. You can do this by ensuring your student has downloaded the ROAR app, asking your student if they have made appointments yet, attended campus events, or helping them through the job search process (especially if they have not worked before). We have much to do and we are all eager to help.

Be well...and do well. I look forward to seeing you soon.

Go Lions!

Sean O. Stallings
Vice President of Student Affairs

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Save the Date

Saturday, October 2, 2021

Come join us for Parent & Family Day on the Saturday of Spirit Week! A separate communication will go out when registration is open, and more details will be shared [here](#) as the schedule is finalized.

Submit Your Family Photo

Want a photo of your family showcased during Parent & Family Day? Email a photo of your family or student with a one-sentence note to sa@tcnj.edu. We will be creating a slideshow with these images to play during the day! If interested, please send your photo and note by Sunday, September 19th.

Call for Participants:

Family Cookie Recipe Competition

Do you have a favorite family cookie recipe you'd like to share? Email your recipe to sa@tcnj.edu to enter into our Family Cookie Recipe Competition! The winner's recipe will be made by our Dining Services team and featured in the Atrium at Eickhoff on Parent & Family Day! If you would like to participate in the competition, please send us your recipe by Wednesday, September 22nd. **Please note: all cookie recipes must be nut-free.**

Caffeine Chats

Parent & Family Programs and the Office of Student Transitions will be hosting virtual Caffeine Chats for TCNJ families to go over various topics throughout the Fall semester. Mark your calendar, and register now for our first chat on September 12! We will share the topics for the future sessions when we send the registration links.

- Sunday, September 12, 8:00pm-9:00pm: Transitioning Back to Campus - [**REGISTER HERE!**](#)
- Sunday, September 26, 8:00pm-9:00pm
- Sunday, October 17, 8:00pm-9:00pm
- Sunday, November 21, 8:00pm-9:00pm

First Time College Parent/Family Member

Is this your first student at college? If so, we have articles on our website focused on transitioning to college for parents and families. You can find articles and resources on our website [here](#).

Residential Education and Housing: Guest Policy

This fall, the Residential Education and Housing guest policy will be as follows:

Guests are limited to those who live in TCNJ-operated residence halls. Guests must be signed in at the front desk during times that the front

desk is up and operational (generally, daily 8pm until midnight or 2am). Any residential student who is in quarantine or isolation may not have guests or be a guest and will be expected to abide by the health and safety expectations listed during their move to quarantine or isolation. Residential students will be permitted 2 move in helpers during move in and move out times. Overnight guests are permitted for a maximum of three consecutive nights with the written approval of all roommate(s)/suite mates/apartment and floormates.

Fortunately, this fall, we are able to open our residence hall lounges again. Residential students will have open access to the lounges in the residence halls, providing they are abiding by all policies and building expectations.

In reviewing current CDC guidance, they recommend colleges and universities continue to limit residential building access by non-residents and close or limit the capacity of communal spaces in residence halls to those who are fully vaccinated. Since residential students are required to be fully vaccinated, we are able to open our lounges to residential students and allow residents to have other residential students as guests.

We look forward to having students back on campus and creating vibrant and engaged communities with the residents.

Sincerely,

Residential Education and Housing

Student Health Services

Helping Your Student Keep to a Path of Good Health and Maximizing Wellness at College

Written by Barb Clark, Nurse Practitioner

TCNJ Student Health Services



(Google images, viewed July 6, 2021)

Excitement, happiness, and even hesitation are common emotions for both students and their parents as students head off to college for the start of a new semester. First year students' parents (and even upperclass students' parents) may be concerned that their students will fall into some unhealthy behaviors. Eating healthy, getting daily exercise, getting proper sleep, and avoiding risky behaviors can all be areas of concern. Finding ways for parents and family members to discuss these topics with their students can help to alleviate stress and worry and offer viable strategies to encourage students to develop or continue healthy behaviors.

- Without parental oversight and often unlimited access to food, parents may be concerned that their students will experience

weight gain or choose to eat foods that are generally considered to be unhealthy or void of nutritional benefit.

- Solutions include finding out all available dining options on campus and near campus to offer the student the best array of food choices and food selection.
 - Meeting with a campus dietician or with staff from campus dining services can be helpful for students to discuss food allergies or to answer specific questions about food choices and selection of healthy foods on campus.
 - Having students download healthy eating apps such as the MyPlateApp from the U.S. Department of Agriculture, can encourage students to develop or maintain healthy eating habits⁽¹⁾.
- Physical fitness may have been challenging for some students during the COVID-19 pandemic with the closing of gyms and fitness centers. Other students may have found it easier during the past year to schedule time for regular exercise with virtual classes and more flexible schedules. In either case, coming to campus poses challenges as students adjust to new class schedules, may be participating in clubs or activities and may just be more inclined to hang out with friends rather than finding the time to exercise.
 - Finding campus physical fitness activities and events that students enjoy and encouraging participation in them is key.
 - Campus recreation departments often have fitness centers or gym equipment to use. Pools and walking trails are also great forms of exercise.

- In addition, campuses often have scheduled events that can get students up and moving including 5K walks and other fitness-based activities.
- Sleep can be under-appreciated by college students who often support the idea of a late-night society made especially easy in these times with all night access to social media, movies, video games and other countless digital means to stay up late. Additionally, the misled notion of the benefit of “pulling all-nighters” to complete work or study for exams often persists in college culture.
 - Discussing and reminding students of the benefits of proper sleep and the detriments of inadequate sleep can help students realize the importance of sleep. Young adults such as college-aged students generally are advised to get between 7-9 hours of sleep each night ⁽²⁾.
 - Encouraging students to find enjoyable sleep hygiene online sites or apps can help to keep them focused on the benefits of good sleep.
- Risky behaviors in college students can include overindulging in alcohol, the consumption of drugs, and unsafe sexual practices.
 - Highlighting concerns about these areas can be challenging for parents but strategies exist for parents to speak with their students about the risks. For example, the [National Institute on Alcohol Abuse and Alcoholism](#) has information on how parents can speak to their students about the risks of alcohol ⁽³⁾.
 - Finding ways for parents to stay connected to their students, especially while they are away at college, is important.

Discussing in advance a check-in schedule when parents and students expect to talk with each other and knowing whether staying in touch with texts or phone calls is preferred can reassure parents that their students are doing OK and navigating their risks appropriately.

- Becoming aware of campus resources for counseling for drugs or alcohol or for screening or treatment of sexually transmitted infections (STI's) or HIV can be helpful to guide students in need of these services. Students should be made aware of these services in advance of needing them and should be made to feel comfortable in utilizing these valuable campus resources.

1. U.S. Department of Agriculture, "Healthy Eating for Young Adults", viewed on July 6, 2021 from

<https://www.myplate.gov/tip-sheet/healthy-eating-young-adults>

2. Sleep Foundation, "How Much Sleep Do We Really Need?" Revised March 10, 2021, viewed on July 6, 2021 from

<https://www.sleepfoundation.org/how-sleep-works/how-much-sleep-do-we-really-need>

3. National Institute on Alcohol Abuse and Alcoholism, "Make a Difference, Talk to Your Child About Alcohol – Parents", viewed on July 6,

2021, <https://www.niaaa.nih.gov/publications/brochures-and-fact-sheets/make-a-difference-child-alcohol>

Athletics



As our student-athletes return to the field, TCNJ Athletics would like to share The Lion Around Podcast. Join host - and head men's basketball

coach - Matt Goldsmith on The Lion Around Podcast, the official podcast of TCNJ Athletics. Each month, Coach Goldsmith will interview a coach, student-athlete, staff member or friend of the athletics department.

To learn more and to listen to past episodes, including August's episode with Associate AD of Athletics, Miles Smith, Jr., visit the podcast website [here](#).

What's New at TCNJ

Here is some of the latest news available about the College of New Jersey!

- [The Shop @ TCNJ](#) awarded \$100,000 grant
- *I Am TCNJ* Docustory project receives double [Emmy nods](#)
- Mechanical engineering students [make a splash](#) at solar boating competition
- Summer is sizzling with [scholarly research](#) at TCNJ
- [TCNJ donors](#) roar with unwavering support despite pandemic challenges
- [TCNJ partners](#) with Trenton Board of Education for Early College High School Program
- Avery Faigenbaum wins [ACSM best paper award](#)

Stay updated with more news about the College [here](#)!

Health & Wellness

Beginning for the Fall 2021 semester, we have reorganized Mental Health Services (MHS), Anti-Violence Initiatives (AVI), Alcohol and Drug Education Program (ADEP) and the Collegiate Recovery Program (CRP) into the new umbrella department of "Counseling and Prevention Services" (CAPS).

To learn more about the offices, you can check out the website for CAPS [here](#).

Significant Dates and Deadlines

- Labor Day (No Classes): Monday, 9/6
- Alternate Schedule: Tuesday, 9/7 follow Monday class schedule
- End of Add/Drop Period for Fall 2021: Wednesday, 9/8
- Last day for a student to drop an individual class without receiving a "W" grade: Wednesday, 9/8
- Last day for a student to take a leave of absence or withdraw from the College with a 100% refund: Wednesday: 9/8
- Last day for a student to take a leave of absence or withdraw from the College with a 75% refund: Tuesday, 9/21
- Spirit Week: Week of 9/27, culminating with Parent & Family Day and the Homecoming athletic games on Saturday, 10/2
- Last day for a student to take a leave of absence or withdraw from the College with a 50% refund: Tuesday: 10/5
- Fall Break (No Classes): Monday, 10/11 - Tuesday, 10/12

- Thanksgiving Break (No Classes): Wednesday, 11/24 - Friday, 11/26
- Last Day of Classes: Friday, 12/10
- Reading Days: Saturday, 12/11, 12am - Tuesday, 12/14, 5pm
- Exam Period: Tuesday, 12/14, 5pm - Friday, 12/17, 8pm
- Reading Days resume: Saturday, 12/18 - Sunday, 12/19
- Exam Period resumes: Monday, 12/20, 12am - Tuesday, 12/21, 5pm

You can find the full 2021-2022 Academic Calendar [here](#).

Are You a TCNJ Legacy Family? Let us Know!

A Legacy at The College of New Jersey is an alumna/alumnus or current student who is the grandchild, child, or sibling of another TCNJ alumna/alumnus or current student. The Office of Development and Alumni Engagement hosts special events for Legacy families throughout the year. Please let us know if you are a TCNJ Legacy family by [clicking here](#) to fill out our survey.

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