

# Your DEAN OF STUDENTS OFFICE

OCTOBER 2016 PARENTS' E-NEWSLETTER

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## HOMECOMING WEEK RECAP

Go Pipers! 2016 saw the Hamline football team's first homecoming win since 2000, 17-14 over St. Olaf at Klas Field. This past **Homecoming Week** (October 2<sup>nd</sup> – 8<sup>th</sup>), Hamline students, faculty, staff, and alumni really showed off their Piper Pride. This year's events included the Homecoming Kickoff, during which the Homecoming Planners chalked Hamline's sidewalks, decorated windows and doors, and hung banners in celebration of Homecoming Week before wrapping up with an ice cream party. Other events included "Picture Your Piper Pride" – a homecoming fine arts competition; DIY Hamline Pride – during which students were invited to adorn sweaters and t-shirts with Piper-

Pride-themed decorations; a Glow stick scavenger hunt; and the always-popular annual Lip Sync Competition on October 7<sup>th</sup>. First place in the Lip Sync competition went to the group Black Girl Magic, followed by The Weather Girls and The Cheetah Gals in second and third. The final day of Homecoming celebration began with *Fall Fest*, an event open to the entire Hamline community, including friends & family, alumni, neighbors, faculty, and staff. *Fall Fest* was followed by *Big Bash*, a dinner with live music sponsored by the Associations of Hamline Alumni. After dinner and the football game on Saturday night, Hamline students danced the night away at the annual

Homecoming Dance in Kay Fredericks Ballroom. It was great to see such a show of Piper Pride, and we hope to see everyone at the Homecoming activities again next year!



## STRESS MANAGEMENT OPTIONS FOR STUDENTS

October can be a stressful time of year for Hamline students, as they head into Midterm exams near the end of the month. Did you know that there are multiple stress management options available to students throughout the course of the semester? Some examples include:

- Weekly mindfulness meditation at the Wellspring sponsored by HUMM: Hamline University Mindfulness and Meditation (search @hamlinemindfulness on Facebook for more information about HUMM)
- Lunchtime yoga classes in Manor Hall
- Various options for exercise classes and intramural sports through [Campus Recreation](#)
- The Peer Education-sponsored "StressFest," held right before finals

We've also included a few **self-care tips** for students below. Parents, knowing these suggestions can help you coach your student as they prepare for midterms at Hamline:

- Know when and where your exams will be given
- Maximize studying during hours when you are usually most alert and efficient
- Schedule breaks for yourself. Avoid unrealistic goals for your study routine (e.g., "I will study for six hours and not take any breaks")
- As much as possible, stick to your regular routine. Avoid studying at late hours, or staying up all night
- Don't try to do everything at once. Set your study priorities and work on the most pressing concerns first.

## FAMILY WEEKEND

Parents, the Office of Student Activities is excited to invite you to campus for the Annual **Family Weekend** program, November 11 - 13, 2016. Family Weekend provides the families and friends of Hamline students an opportunity to experience campus life! It is a great way to spend time with your student, visit with University faculty and staff and explore and enjoy the Hamline community. Activities for the weekend include opportunities to cheer on Piper Athletics, the Annual Fall Concert, the opening of the 86th theater season, a chance to experience the co-curricular community and much, much more. We welcome you to take advantage of the various programs offered throughout the weekend. The Family Weekend schedule can be found online at [www.hamline.edu/FamilyWeekend](http://www.hamline.edu/FamilyWeekend).

Registration for Family Weekend is not required. However, registered families will receive updates to the Family Weekend schedule and will also be entered into a special Family Weekend drawing for a Piper Pride basket filled with goodies from the Hamline community. You can register for Family Weekend online at [www.hamline.edu/FamilyWeekend](http://www.hamline.edu/FamilyWeekend). If you have any questions regarding the 2016 Family Weekend program, feel free to contact [SALD@hamline.edu](mailto:SALD@hamline.edu).

## MAJOR DECISIONS FAIR and CAREER FAIRS

The *2016 Major Decisions Fair* was held on October 11<sup>th</sup> in Anderson Center. This annual career and vocational exploration fair is sponsored by Hamline's Career Development Center. The focus of the Major Decisions Fair is career and vocational exploration as students learn more about how the majors at Hamline can help prepare them for the world of work. Students not only gain a better understanding of the Majors offered at Hamline, they are able to make important connections with Hamline Alumni.

Did you know that Hamline offers several **Career Fairs** throughout the year for students interested in connecting with local and national employers while still attending college? Career Fairs are a great way to find internship and job opportunities and to begin to learn to network. Upcoming career fairs include:

- **Career Fair Prep Session** on October 18th from 11:30 AM—12:30 PM. This event prepares students for what to expect at Career Fairs at Hamline.

- **On-Campus Job and Internship Fair** on October 25th from 11 AM– 1 PM.
- **Government & Nonprofit Career Fair** on October 28th from 10 AM—3 PM at Coffman Great Hall on the University of Minnesota-Twin Cities campus.

For more information on the *Government & Nonprofit Career Fair*, visit <http://www.togpartners.com/govnonprofitfair/>.

## WINTER BREAK PLANS

Parents, it's not too early to start talking to your student about their plans for **Winter Break**. Fall classes end on December 13th, and final exams are the week of December 15th—20th. The university will be closed from the afternoon of Friday, December 23rd—Monday, January 2nd.

If your student lives in a residence hall, they will receive information regarding Winter Break residential hall closures in early December. Hamline residential halls will be closed from 5 PM on December 21st and will re-open on January 1st.



## DID YOU KNOW?

Hamline students contribute to **over 150,000 hours of community service** annually. More than half engage in community service each year.



## J-TERM / SPRING REGISTRATION REMINDER

It's hard to believe we are almost halfway through fall semester already! **As a reminder, registration for J-term and spring semester opens November 14th.**