



# STUDENT PARENT SUPPORT INITIATIVE

Funding provided by the Minnesota Department of Health



OCTOBER 2014

## UPCOMING EVENTS:

- **Lunch N' Learn:**  
ECC 123  
Every Wednesday  
11:00-1:00P.M.
- **Stay N' Play:**  
Lindgren Child Care Center  
Oct 18th, Saturday  
0:30 -11:30A.M.
- **Educational Workshop**  
ECC 123  
Oct 21st  
4:00-7:00P.M.
- **Trunk or Treat:**  
ECC Parking Lot  
Oct 31st  
5:00-6:30P.M.

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# Enjoying Campus With Your Family

Check out the past events we offered to SCSU families



### Family Fun Night

The UPB at SCSU organized a Family Fun Night on September 10th in Atwood Theatre Lounge. Children of student parents had a great opportunity to take part in a fun filled evening of family friendly activities such as; stuff a husky, craft time, and child appropriate movie showings.



### Granite City Parade

Student parents, children, and families joined Student Parent Support Center in the Granite City Parade on June 28th representing SCSU.

Check out the upcoming family events SCSU has to offer



### Saturday Stay N' Play

Lindgren Child Care Center and Student Parent Support Center are providing space in Lindgren on a weekend once every month for student parents, staff, and faculty. You can bring your children to spend fun time, do school work while children play, and meet other parents. For the month of October Stay N' Play is scheduled this Saturday, 18th at 9:30-11:00am in Lindgren.

### Educational Workshop

Student Parent Support Center is providing an educational workshop on October 21st in ECC room 115 from 4:00-7:00pm. JoDee Christianson from University of Minnesota Extension, Health and Nutrition will present on "Eat Healthy. Be Active." You can participate in \$10 grocery store challenge and take home the groceries!

### Trunk Or Treat



All SCSU students, staff, faculty, community members and their family are invited to the annual Trunk or Treat event on Friday 31st, October at 5:00-6:00pm in ECC parking lot.

If you are interested in participating in decorating the trunk. Email Liz at [eameyer@stcloudstate.edu](mailto:eameyer@stcloudstate.edu)

**Prizes will be given for the best Themed Trunk and the best School Spirit Trunk!**



### Cultural Events

SCSU offers many free and low cost events that are family friendly. Great way to experience and enjoy diverse cultures all around the world with your family.

“Motivation  
is what gets  
you started.  
Habit is  
what keeps  
you going.”  
~Jim Rohn

# Tips to Ace Your Exams

## Brush up on these study tips to help you get the most out of your college education.

You're a busy person.

You work 9-5, have class from 6-8, and a household to run the rest of the day.

It's difficult to set aside time specifically to study for exams, and it can be even more challenging to find uninterrupted time to your class work.

The good news is: **you're not alone**. Thousands of student parents are just like you, and use the following student study guide to help them manage all of their responsibilities.

### Develop a Routine and Let Your Family Know About It

Make a weekly schedule. Set aside time specifically for studying and post that schedule for all to see. Form a habit of sticking to the schedule and referring to it when your family has questions. Make your schedule an expectation, not just an afterthought, and ensure that your family and friends respect your need for study time.

### Study in bursts

If you study for too many consecutive hours, you are actually causing more problems for your short-term memory than you are doing favors. Instead of cramming information into your memory bank in a short amount of time, break reading into chapters and take notes as you go. When you finish a chapter, review your notes and let the information sink in. Exercising is a good way to relieve stress and unleash pent up energy from sitting around and studying. Just do not get carried away and spend too much time in between study sessions.

### Manage your time wisely

It's recommended, 30-50 minutes of studying followed by a ten-minute break. While this does not need to be followed precisely, it is good to set a time limit on your bursts of studying and your break periods. Use your breaks for physical activity or eating. It is generally not a good idea to play video games, watch TV or a movie, as this requires brainpower and may not allow you to absorb the information you just read.

# Tips to Ace Your Exams

## Form a Study Group

If you need help sticking to a schedule or find working in groups to be more advantageous, don't be afraid to reach out to other students in your class. Forming a study group with fellow students can not only improve your grades, but can also build an in-school social support for you, with others that can relate to the stress of exams and papers. It is also a great way to learn new study methods.

## Limit distractions

Go somewhere you know you will be able to focus on the material in front of you and surround yourself with what you know will help you. For example, a place with too many familiar items might tempt you to play a little PlayStation and your roommate who is not exactly serious about studying will only make matters worse. Use the study spaces SCSU offers, they are also a great place to meet other students who you can relate to.

## Do not cram

Cramming is a far less effective method of studying than any other. Students most often remember the first and last thing from an extended study session, with much of the middle being lost. If you need to do extended study session, remember to take your breaks in between.

## Get enough sleep

The National Heart, Lung, and Blood Institute says adults need seven to eight hours of sleep. If you get at least seven hours of sleep and do not stay up too late, studies have shown your memory will be better for it.

## Stay Motivated

As an adult student, you have a much better understanding of what motivates you. Use this wisdom and keep the motivation high as you study. Remember the goals you set out in the beginning and don't be afraid to refer to them when you're feeling unmotivated. Maybe you want to help your family, or get a higher paying job but no matter what the motivation, remember that you are here for a reason and **YOU CAN DO THIS.**

<http://www.universityherald.com/articles/6120/20131210/finals-week-study-tips-top-5-ways-to-make-sure-you-ace-your-exams.htm>

*"You are one of a kind, and you matter to the world"*

### Directions:

- Cut egg carton into sections
- Paint orange
- Let dry
- Poke hole in top with scissors
- Insert brown pipe cleaner
- Wrap green pipe cleaner around brown to make a vine
- Draw on a face if you would like a jack-o-lantern



## Pumpkin Craft

### Need:

- Egg carton
- Scissors
- Orange paint
- Paint brushes
- Brown and orange pipe cleaners
- Black marker

## Slow Cooker Creamy Tomato Basil Tortellini Soup



Prep Time: 15 minutes  
Cook Time: 6 hours  
Yield: About 6 servings

### Ingredients

- 1 3/4 cup diced carrots (3 medium)
- 1 3/4 cup diced yellow onion (1 large)
- 2 Tbsp olive oil
- 5 cloves garlic, minced
- 3 (28 oz) cans whole Roma Tomatoes
- 1 (32 oz) carton vegetable broth
- 1/3 cup chopped fresh basil, more for garnish
- 2 bay leaves
- 1 Tbsp granulated sugar
- Salt and freshly ground black pepper, to taste
- 16 oz refrigerated three cheese tortellini
- 3/4 cup heavy cream
- Parmesan, shredded, for serving

### Directions

- Heat olive oil in a large skillet over medium-high heat. Add carrots and onion and sauté 3-4 minutes, add garlic and sauté 1 minute longer. Pour mixture into a 6 or 7 quart slow cooker along with tomatoes, vegetable broth, basil, bay leaves, sugar. Stir and season with salt and pepper to taste. Cover slow cooker and cook on LOW 6-7 hours or HIGH 3-3 1/2 hours.
- Remove bay leaves then puree mixture well with an emulsion blender (or carefully in small batches in a blender. If your slow cooker doesn't keep all the moisture in well while cooking, you may need to add 1/2 cup water or so at this point so the soup isn't too thick). Stir in tortellini, cover and cook on HIGH heat 15 minutes longer (or until heated through). Reduce heat to warm, stir in heavy cream. Serve topped with parmesan cheese and fresh basil